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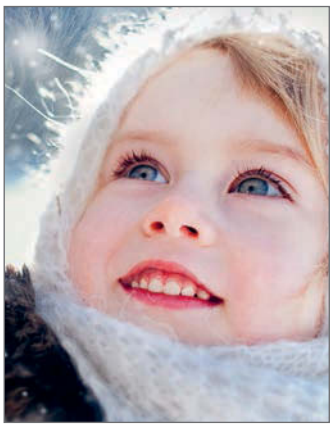
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PIONEER OF THE MONTH
JAMES C. THOMSON (1887 - 1960)
page 10

Praying for cancer?



DALEEN TOTTEN
Twitter @DaleenTotten

She is editor, publisher and founding member of *Natural Medicine* and Dreamcatcher Publications. She has a passion for knowledge and strives to share the work of the brightest minds and biggest hearts in healing. For Daleen natural medicine is more than taking a pill for an ill philosophy. Natural medicine also encompasses nutrition, lifestyle, spiritual health, exercise, and emotional and mental well-being. She is the mother of three children.

I received a phone call from a reader recently, expressing her frustration after reading articles published in *Natural Medicine*. She told me that her brother had been diagnosed with cancer and that she had developed a fear of the disease. Because it could strike anyone at anytime, she decided to do everything possible to keep from getting sick.

However, the more she read about the prevention of disease, the more afraid she became. She said, 'It seems like everything causes cancer – from my cellphone to my food. The list just goes on and on.'

Not only is she afraid of the disease, but also of the treatment – chemotherapy. A friend told her brother that if the cancer doesn't kill him, the chemo will!

This lady was not only afraid of dying, but also of living. Her fears caged her and her life experiences became smaller and smaller. I myself lost my father to cancer. He was only 44 years old and while I was growing up I feared death. In the back of my mind, I 'knew' I wasn't going to make it to 44 either.

But I did. A shift in consciousness through the choices I made in life transformed my fear of death to gratitude for life. Researchers that continually say: 'We are trying to find a cure for cancer' suggests, firstly, no known solution, and, secondly, that they are trying. My good friend Dr Brom once asked me to try and lift my arm. I just looked at him. He said again: 'Try to lift your arm!' I couldn't. But when he said: 'Lift your arm', I did.

I listened to a recording recently where Gregg Braden* described a journey he went on with a native American friend in the early 1990s to pray for rain in northern Mexico. Upon arriving at a place the friend described as 'where the skin between the worlds are very thin', he removed his boots, stood there for a short while and turning back with a smile, started the journey back home. Gregg asked him what happened to praying for rain? It was explained to him that by praying for rain, or for anything to happen, you are saying that



it is not here now. To acknowledge, in this instance, that there is no water. So what Gregg's friend did was to feel the feeling of mud moving between his naked toes, to smell the smell of rain falling on the earth where his village stood, and to feel what it was like to run naked through the fields of corn that was so plentiful because of all the rain. In that moment his prayer became a prayer of gratitude, thanks and appreciation. He explained further that he was grateful for the opportunity to choose what he would experience.

So my suggestion to this reader was to have gratitude for the healthy body she has now. That life is not supposed to be so difficult. We make it tough with our misplaced ideas and beliefs. Enjoy life and have fun. Your body can create cancer because of your judgements about yourself, limiting beliefs and internal turmoil. We are never victims. We have unexpressed power and energy. Don't let it turn inward against your body, but outward.

'The secret of our lost mode of prayer is to shift our perspective of life by feeling that the miracle has already happened and our prayers have been answered. Now we have the opportunity to bring this wisdom into our lives as prayers of gratitude for what already exists, rather than asking for our prayers to be answered.' – Gregg Braden.

*Gregg Braden is a best selling author, scientist and internationally renowned pioneer in bridging science, ancient wisdom and the real world. His book titles include *The God Code, Deep Truth, The Turning Point, The Isaiah Effect and The Divine Matrix.*

with love
Daleen

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I LOVE IT

DR. HAUSCHKA

I've always loved the Dr. Hauschka range and decided to review all three new creams in this issue.

The **Almond Soothing Body Cream** is a deep penetrating cream that feels more like an oil on your skin. I prefer using it on my legs as it leaves it looking beautifully shiny and moisturized.

The **Lavender Sandalwood Calming Body Cream**, which is my favourite of the three creams, has a lovely texture that makes my skin feel soft and nurtured. It takes a while to absorb and does not leave an oily residue.

The **Rose Nurturing Body Cream** is absorbed immediately upon application and has a thinner and lighter consistency. If you have dry skin, you may feel the need to reapply it more regularly.

All three creams have a beautiful rich smell that will soothe your senses as the cream soothes your skin.





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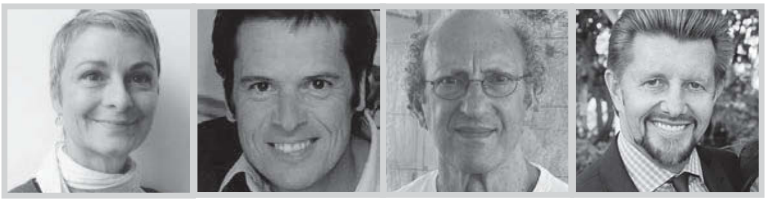
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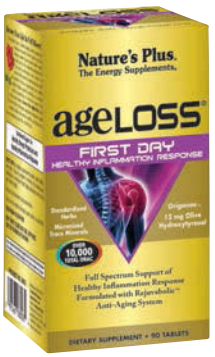
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James C. Thomson

(1887-1960)

– Founder of the Edinburgh School of Natural Therapeutics

This pioneer in medicine, through pure tenacity and a belief in natural healing, proved doctors wrong by surviving cancer.

I really enjoyed reading about his character – we need more people like him.

Thomson joined the navy at the age of 16, but was discharged after 18 months, with a slap on the back and the news that he had three months left to live. This incensed him so much that he vowed to live and prove the doctors wrong.

He retired to a cousin's farm, and followed the advice he found in books he first ridiculed – fresh air and good food. He prayed, formulated a diet and exercise routine and recovered! He traveled to America, mainly to find out more about the natural health movement that was active and growing there. In Chicago he met and worked under Henry Lindlahr. Lindlahr established a comprehensive system of natural therapies, bound together by a philosophy and based firmly on science.

After two years, Thomson returned to Edinburgh, where he married and set up a residential practice. In 1916, he published his first book, *An Introduction to Nature Cure.* He deplored the sense of hopelessness which conventional diagnosis conferred on patients with terminal diseases. 1923 he bought a large house in Drumsheugh Gardens and practised as The Sunshine Doctor right in the midst of the orthodox medical practitioners in Edinburgh. He imported the first mercury vapour lamp for ultraviolet therapy.

1938 Thomson bought Craigend Park – a large Victorian mansion on 10 acres of grounds in Edinburgh and he renamed it The Kingston Clinic. The clinic was opened in 1939 – just in time for the Second World War!

There were various attempts to close the clinic down, but Thomson represented himself successfully in court. His beliefs led to many conflicts with people who had little faith in self-healing powers. Thomson maintained that illness was a periodic housecleaning of toxins by the body and should be welcomed.

The therapeutic mainstays of the Thomson-Kingston Nature Cure were a healthy diet consisting mostly of raw, vegetarian foods, hydrotherapy and spinal manipulation to help correct nerve and circulatory imbalance. Thomson advised against processed foods, especially those with artificial preservatives. He prescribed judicious, short-term fasts and a raw, cultured milk product, such as natural yoghurt or kefir.

Thomson was a staunch believer in prevention and opposed vaccination, pasteurisation and pharmaceutical medicine. He maintained that chemical pesticides play a role in causing infectious diseases by intoxicating tissues and making them susceptible to viruses.

In 1947, he published the magazine *Rude Health*. This was published on and off by his

son Leslie, until 1967. He also established the Society of Registered Naturopaths.

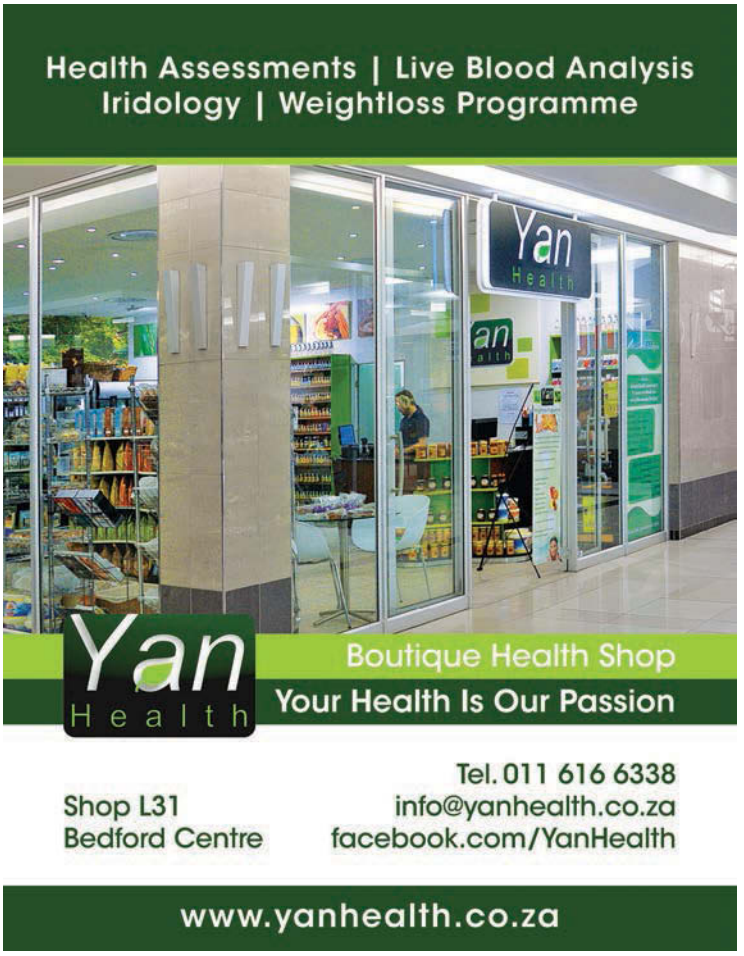
According to his grandson, Thomson would ask patients if they had a reason to get better – if they didn't he would tell them to get one! Many a chastened patient would, upon retiring to bed, have a visit from Thomson with a hot water bottle, some grapes and some kind words!

Source
www.naturecuresociety.co.uk



BASIC PRINCIPLES OF THOMSON-KINGSTON (TK) NATURE CURE HEALTH-CARE PRACTICE

1. Every part and aspect of a person and their life continuously affects every other.
2. Each person is an individual.
3. Illnesses, too, are individual – to be understood, not 'diagnosed'.
4. Understanding illness involves identifying causes and reactions.
5. Signs and symptoms should not be suppressed – they are indicators.
6. 'Healing' is a continuous, living function and any interference is, at best, unnecessary and, at worst, damaging.
7. Illness, in the form of a 'healing crisis', is normal and healthy.
8. The reaction to illness should be a confident, intelligent, 'leaving alone'; a correction of causal factors and focusing on living Nature Cure.
9. No inappropriate interventions, medicines, supplements or artificial remedies are used.
10. Understanding, guidance and encouragement are the modus operandi of the practitioner.



letters@naturalmedicine.co.za

COULD I HAVE DIABETES?

My father has called me a hypochondriac, so I don't exactly want to ask him to take me to the doctor. I think I may have diabetes. I googled it and I have all the symptoms: weight loss, hunger (even though I have just eaten), excessive thirst, frequent urination, blurry vision, fatigue and chronic infections. **P.F.**



EDITOR REPLIES: There is a wise saying by Desiderius Erasmus: 'Prevention is better than cure.'

Go to a pharmacy and have your blood sugar tested. The results are able to determine whether you have diabetes and what type.

- Type 1 diabetes is a lifelong disease that occurs early in life and can be diagnosed in both children and adults. The body fails to produce insulin, and the person affected needs to inject him/herself with insulin.
- Type 2 diabetes is common among overweight individuals and more common in recent times among children, because of the rise in processed and junk food. It results from the body's inability to use the insulin produced correctly or the body 'ignoring' the insulin. The body is therefore starved of energy as blood sugar is not released into the cells.

Many people rely on home-tester kits, but it is important to note that a medical practitioner will not make a diagnosis from the results of the blood test alone, but will also take into account your physical examination, your medical history and current lifestyle. So if the test at the pharmacy is positive, show your dad and ask him to take you to the doctor.

Once it is established that you have diabetes, regular monitoring of blood glucose levels can be done from home, using various blood glucose meters. Managing diabetes goes hand in hand with a change in the types of food you eat, as well as regular exercise.

Monitoring your blood glucose levels is a very important part of managing diabetes as it measures how your body reacts to different types of foods, medication, stress and exercise. It is a good way to measure whether your levels are too high or too low.

Testing can be done on various parts of the body such as the finger (most common for quick results to changes in blood glucose levels), the palm, forearm, upper arm, thigh or calf.

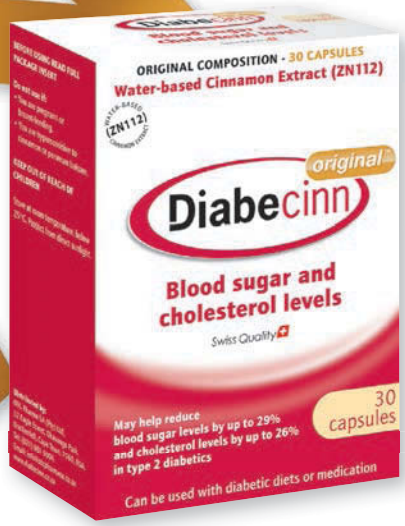
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References:
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3. Crawford P. Effectiveness of cinnamon for lowering hemoglobin A1C in patients with Type 2 diabetes: a randomized, controlled trial. J Am Board Fam Med 2009 Sept – Oct

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BIRCHER MÜESLI REVISITED

I enjoyed your feature: Pioneer of the month, in the April issue on Bircher-Benner (page 10). I was astonished to discover that the original Swiss recipe contained condensed milk! **K.A.**

EDITOR REPLIES: Yes indeed – that is why I didn't include it! In those days, Nestlé sold condensed milk as a safe, sterilised, nutritious form of 'infant cereal'.

Here is the original recipe:

INGREDIENTS

1 Tbsp **oatmeal**
3 Tbsps of **water**
1 to 2 **apples**, grated
Juice of half a **lemon**
1 Tbsp sweetened **condensed milk**

Everything is freshly prepared. Mix and sprinkle with one tablespoon of grated nuts.

I first tried Bircher muesli many years ago, here in Stellenbosch. My Swiss friends prepared it without condensed milk!

I have since developed my own recipe and enjoy this much more than the more familiar dry muesli:

INGREDIENTS

2 cups rolled **oats**
(soaked overnight or for 10 to 15 minutes)
1 green **apple**, grated
1 cup **almond milk**
1 cup full cream **plain yoghurt**
(or thick Greek yoghurt)
2 Tbs chopped **nuts**
1 Tbs **honey**
1 **Banana** (optional)
1 Tbs **orange juice** (optional)

METHOD

Soak the oats overnight if you prefer a soft texture, or for at least 10 to 15 minutes. You can change the proportion of oats to fruit. I soak the oats in freshly pressed apple juice to add sweetness to the dish.

Mix oats, milk, yoghurt, banana, nuts and honey together in a bowl. Chill in refrigerator for at least one hour to set. But if you don't have time, just jump right in! I add the orange juice and grated apple just before serving.

If you don't like the texture, loosen the mixture with more almond milk and top with yoghurt.

The original recipe is flavoured with lemon juice, presumably to balance the overwhelming sweetness of the condensed milk, but without one, we don't need the other.



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Thought-provoking QUOTES

A thought-provoking quote from Deepak Chopra during his recent visit to South Africa:

> "Ayurveda looks at the human being as a microcosm of the whole universe. In fact there is a very beautiful expression: "As is the atom, so is the universe, as is the human body, so is the cosmic body, as is the human mind, so is the cosmic mind."

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THE stress-boomerang EFFECT

According to Australian psychologist Peter Drummond, students muddle through their exams, then they get sick during their holidays. He thinks this is because the stress-induced hormone cortisol, an anti-inflammatory, temporarily staves off coughs and sneezes even if a bug has managed to creep in.

It is important to keep your stress from escalating to crisis proportions so as to avoid the overload-and-collapse syndrome. Practise yoga three times a week and meditate, for even five to 10 minutes a day, by sitting quietly and focusing on the breath or a mantra. This makes a real difference to your body's stress load. Be kind to yourself and exercise wisdom.

So as this cold season gets into gear, dedicate at least 10 minutes of every day to either meditation or yoga. Book a few massages, and try not to overload your schedule, particularly during the holidays.

Patrick Holford ON VITAMIN B_{12}

B_{12} is one of the most commonly deficient vitamins, affecting your whole body, from brain to bone. The older you are the more you need.

In a study of 61- to 87-year-olds, the lower the level of B_{12} the greater was the brain size shrinkage.[1] Despite the fact that no one in the study was diagnosed as classically B_{12} deficient, two in five people over the age of 61 had a level of B_{12} that was associated with accelerated brain shrinkage and memory decline.

Less B_{12} means higher homocysteine levels and the higher a person's homocysteine level the greater is their risk for dementia or Alzheimer's.[2,3]

References

1. Vogiatzoglou A., et al., Vitamin B_{12} status and rate of brain volume loss in community-dwelling elderly, *Neurology*, 2008; 71(11):826-32.
2. Smith A.D. and Refsum H., Vitamin B_{12} and cognition in the elderly, *Am J Clin Nutr*, 2009; 89(2):707S-11S.
3. Tangney C. et al., Biochemical indicators of vitamin B_{12} and folate insufficiency and cognitive decline, 2009; *Neurology*, 72(4):361-7.

Calcium

Long-term calcium deficiency manifests primarily in bone loss (osteoporosis). It can also cause spinal deformity, bone pain, muscle cramps, irregular heartbeat and depression.

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LP 812 08/2014

Reference: 1. Lockie A, Geddes N. The Complete Guide to homeopathy. The Principles and Practice of treatment. Pg 50-53;82;99. 2. Blumenthal, Busse, et al. The American Botanical Council. The Complete German Commission E Monographs. Therapeutic Guide to Herbal Medicines. Pages 351;401.

INGREDIENTS: Each tablet contains: Argentum nitricum 30CH, Aconitum napellus 30CH, Arsenicum album 30CH, Gelsemium sempervirens 30CH. Aspen, Mimulus, Red Chestnut. **INACTIVES:** Lactose, Starch, Magnesium stearate, Sucrose (25mg per tablet).

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ROUNDUP LINKED TO *lymphoma*

A new review has confirmed the existence of a link between the world's most popular herbicide glyphosate (aka Roundup) and the risk of blood cancers in the lymph glands (lymphomas).

The paper[1] evaluated the results of relevant research spanning almost 30 years' worth of epidemiological research on the relationship between non-Hodgkin lymphoma (NHL) and occupational exposure to 80 agricultural pesticide active ingredients and 21 chemical groups. The review focused on 44 papers, all of which reported results from studies performed in high-income countries.

Reference

1. Schinasi L. Non-Hodgkin Lymphoma and Occupational Exposure to Agricultural Pesticide Chemical Groups and Active Ingredients: A Systematic Review and Meta-Analysis. *Int. Journ. Environmental Research and Public Health.* 11(4): 4449-527.

INTERESTING

Goji Berries are considered the no 1 food/herb in the entire five-thousand-year old and eight-thousand-herb Chinese medicinal system.



THIS MONTH'S CHARITY FOCUS

ICPCN

The International Children's Palliative Care Network (ICPCN) is a global network of organisations and individuals and the only international charity dedicated to securing the right of the 20 million children worldwide living with incurable, life-shortening and life-threatening conditions to receive palliative care.

They promote the concept that the care of these children should include services, therapies and medications that will reduce pain and suffering and encompass all the physical, emotional, spiritual and developmental needs of the child and their family, allowing for the best possible quality of life.

Richard Newton, a specialist correspondent with the South African Broadcasting Corporation (SABC), ran the London Marathon to raise funds for their organization.

For more information about how you can support this organization visit:
www.icpcn.org

icpcn

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Child craft

Flower Bracelets for children

Autumn is a beautiful season as the trees are starting to lose their leaves. This is a wonderful opportunity for the very young ones to use nature's bounty to craft flower bracelets at this colourful time of year.

You will need:

1. A piece of masking tape
2. Flowers, leaves and seeds collected on your walk

Cut a piece of masking tape and strap it around your child's wrist, with the sticky side facing out. Make sure it's not too tight and that you're able to remove it without ruining the creation. Collect flowers, leaves and seeds while out on your walk and stick to the tape as you go. The result – a beautiful flower bracelet!



Yummy bird treats

You will need:

1. Flower-wire
2. Dried fruit such as apples, oranges, pitted dates and berries
3. Popcorn

Bend the flower-wire in to different shapes such as hearts, stars and triangles. Before twisting the ends together, have your children push the popcorn or dried fruit onto the wire. When it's full, twist the ends together making sure that any sharp ends are folded over to avoid injury. Hang the creations outside on a branch and watch as the birds feast away.



WHEN YOUR GUT GETS IRRITABLE

38% of women between 25 and 65 have digestive problems. And they don't like to talk about it.

Did you know that IBS (Irritable Bowel Syndrome) is the world's most common functional gastrointestinal disorder and is estimated to affect 1 in 5 people? It is more common in women than men, yet no one knows why that is or what the exact cause of IBS is. Researchers believe a combination of physical and mental health problems may be at the root of IBS.

While not life-threatening or harmful to the intestines, IBS is uncomfortable, painful, disruptive, embarrassing and frustrating for sufferers. Typical IBS symptoms include abdominal pain and cramping, abdominal bloating, flatulence, diarrhoea and/or constipation. Often sufferers experience a combination of these symptoms at different times.

Also, in addition to its job processing all you eat and drink, the digestive system is home to 70% of the body's immune cells so you need your gut to be as healthy as possible.

Many people with IBS report that certain foods and beverages can trigger symptoms, such as foods rich in carbohydrates, spicy or fatty foods, coffee, and alcohol.

Also, in addition to its job processing all you eat and drink, the digestive system is home to 70% of the body's immune cells so you need your gut to be as healthy as possible.

Help is at hand

Most people diagnosed with IBS can control their symptoms by adjusting their diet, eating smaller meals or portions slowly, stress management and natural medicines such as pre- and probiotics amongst others.

If you suffer acute IBS symptoms like excessive bloating and cramping **A.Vogel's Gastronol** may help. Taken repeatedly every five minutes from the onset of symptoms Gastronol works quickly to quell the cramps, reduce bloating and have you standing upright again.

Get that good gut feeling

Your gut is home to millions of microscopic bacteria that line your digestive tract in a mesh-like structure. In fact, up to a kilogram of your weight can be attributed solely to these bacteria. They are an integral part of the gut and have a number of key functions in processing the food you eat, generating key nutrients and supporting the immune system. Without these good bacteria, your digestive system would not function properly and your immune function would suffer. One of the groups of good gut bacteria is known as lactic acid bacteria. They keep the acidity of our gut at the right level – important in maintaining the health of the good bacteria present and the growth of new good bacteria.

Modern lifestyles, stress, antibiotics, hormone medications, illness or a diet high in sugar can cause the natural balance of gut flora to be disturbed (dysbiosis) causing an increase in bad gut flora, especially candida albicans. This is a common cause of IBS symptoms. This is where a prebiotic like **A.Vogel's Molkosan** can help. It is a mild digestive tonic rich in L+ lactic acid which is essential in preparing the digestive system for processing the food we eat. Molkosan prevents bad flora or bacteria from being able to attach to the lining of the gut, while also correcting the acidity of the gut. An in-home study in the Netherlands involving 430 women showed Molkosan to be extremely helpful in reducing both the frequency and severity of typical IBS symptoms.



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A.Vogel's Gastronol and Molkosan are available at health shops and pharmacies.

SCARSCIENCE™

IMPROVE YOUR SCARS WITH SCIENCE[1]



ScarScience™, is a scar management system proven to be significantly effective in clinical trials.

HOW SCARSCIENCE™ WORKS

ScarScience™, is based on a four pillar approach to ensure that healing occurs and a "good scar" is formed.

ScarScience™ is convenient and easy to use. It is a scientifically formulated programme and is recommended for surgical scars (eg. new mother's who have had a caesarian section) ensuring visible results.

Scar Management Programme

Ref: 1. Widgerow AD, Chait LA, et. al. New Innovations in Scar Management. Aes Plas Surg. 2000:24;227-234.

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LP. 665/04/2014

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A HEALTHY DIET MEANS *a strong immune system*

Higher levels of vitamins and minerals go hand-in-hand with good cell performance but should never be seen as a replacement for a healthy diet, exercise and sleep.

Vitamins and minerals are essential for initiating and promoting all the biochemical processes that the body performs to maintain normal health. There is a direct link between nutrition and immune system functioning. When a nutrient deficiency is treated and corrected, immune response improves. Why not optimise your immune system BEFORE something goes wrong?



Ginseng PREVENTS INFLUENZA

Research has shown that ginseng could help treat and prevent influenza A. The researchers also found that ginseng may be effective in treating and preventing respiratory syncytial virus (RSV), a respiratory virus that infects the lungs and breathing passages. RSV affects millions of people and is the leading cause of inflammatory bronchiolitis pneumonia and viral death in infants and some elderly adults.[1]

Reference

1. Lee JS., Hwang H., et al. Immunomodulatory Activity of Red Ginseng against Influenza A Virus Infection. *Nutrients*, 2014; 6 (2): 517.



THE BENEFITS OF *almonds for your heart*

A regular intake of almonds will help to keep your heart healthy. Almonds contain mono-unsaturated fat which is believed to lower LDL (low-density lipo-protein) or 'bad cholesterol' and to increase HDL (high-density lipoprotein) or 'good cholesterol'.

DID YOU KNOW?

Zinc is often prescribed to prevent and treat colds and flu and comes in the form of lozenges, zinc spray, syrups, tablets, and as part of a multivitamin/mineral supplement.



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ANOTHER REASON TO *supplement*

Gastrointestinal disease, lactose intolerance, or food allergies, are conditions that interfere with the way the body digests food. If you suffer from one of these medical conditions, supplement with a daily multivitamin.



Emotions AND YOUR LIVER

Hormones like progesterone, testosterone and oestrogen affect your mood. Since your liver is important in regulating hormones, an unhealthy or stagnant liver can wreak havoc on your entire hormonal and emotional well-being.

Your liver cleanses your blood – an unhealthy liver means that there will be a lot of toxins floating around in your blood. These toxins interfere with the functioning of all your organs and affect the production of neurotransmitters and hormones in the body.

Your liver produces bile, which is essential for the digestion and absorption of nutrients necessary for emotional stability. If your liver is unhealthy, your body will be depleted of nutrients, causing your organs to function less optimally and you will also produce fewer neurotransmitters.

Dr Ameet Aggarwal
www.drameet.com



Congratulations

Our Ad-coordinator, Yolanda Rossouw, gave birth to Mia Cox (3.53kg) on 12 February. Both are doing very well. Congratulations Yolanda, Laurence and Keanu from all of us at *Natural Medicine.*

FIND OF THE MONTH



Africa Organics - Marula Hair Treatment Oil

This lovely smelling treatment oil can be applied onto dry hair and left on overnight like a mask. It's nourishing features will leave your hair feeling gorgeously soft. It's a light oil that washes out easily without too much effort and does not leave an oily residue. This is a great way to give my hair a luxury treatment in the comfort of my home.

www.africaorganics.co.za

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www.ecohub.co.za



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Pet Obesity

Occasionally feeding your dog a piece of meat from the table may not cause a problem at first, but when the whole family joins in and your children start getting rid of their food under the table, the result could become life-threatening. Obesity can cause a myriad of health challenges including diabetes as well as heart, liver and joint problems.

As in humans, obesity in animals is caused when dietary energy intake exceeds what the body needs to function optimally and an excess amount of fat is stored. Most animals struggle to lose this excess fat, especially if they are not exercised enough.

Dog breeds such as the Labrador, Pug and Retrievers, as well as older dogs, seem to be more susceptible to obesity. Cats, rabbits, hamsters and guinea pigs can also be affected.

If you are committed to keeping your pet healthy, follow these simple tips:

1. Create a healthy eating plan
2. Limit treats
3. Do not feed your pet from your plate, but from his bowl only
4. Provide small meals throughout the day
5. Don't allow your pet to stay in the room when your family eats
6. Start your pet on an exercise routine

It is important to consult your vet if you think your pet is overweight as attending to the problem as soon as possible could save your pet's life.

Sources
www.petmd.com
www.petobesityprevention.org

Breed of the Month

Cape Boerperd

The Cape Boerperd is probably the oldest breed of South African horse. Originally a crossbreed between Barbs and Arabs, these horses first arrived in South Africa in 1653 with the Dutch East India Company.

They are best-known for their endurance and ability to work hard. Their temperament makes them an easy ride. True to its name, the Boerperd (farm horse), is generally selected to work on farms. According to the Cape Boerperd Society, this breed should ideally be of medium height, have strong muscular legs, and be robust, fast and surefooted.

Even though well-known for being workhorses, Boerperds are also used for pleasure and for showing and have been used for show jumping, endurance riding, out rides and game viewing.



Sources
www.capeboerperd.co.za
www.saboerperd.com
www.equinesa.com

Myth or fact?

Myth: Dragons no longer exist.

Truth: They absolutely do! The small Draco-lizard is indigenous to Southeast Asia and uses its wings of skin to catch the wind and glide between trees. Fortunately they do not breathe fire!

Source
www.kids.nationalgeographic.com



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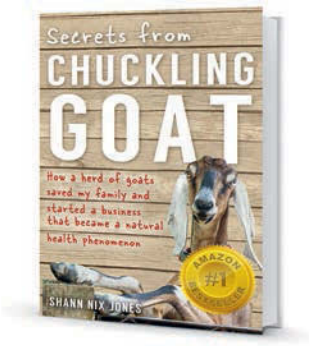
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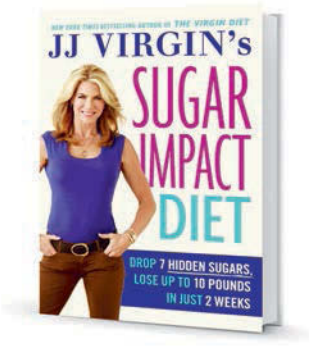
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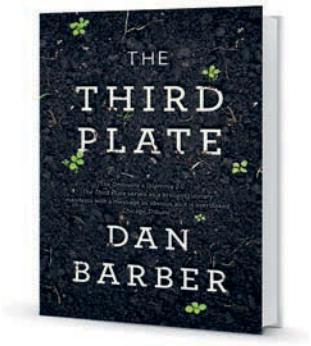
SECRETS FROM CHUCKLING GOAT

Shann Jones never expected to fall in love with a Welsh farmer, Rich, at the age of 41. She didn't anticipate leaving her city-girl existence as a radio talk show host in San Francisco to end up running a 25-acre self-sustaining farm in Wales. And she certainly didn't expect to find herself locked in a desperate battle to save her husband's life from a deadly superbug infection, armed only with natural remedies and the probiotic drink they make on the farm. This is a true story, taken from Shann's diaries. It's about second-chance love stories, and happy endings that pop up when you least expect them. It's a story about nature, and farm life, and ancient recipes. And most of all, it's about the miracles that can happen when you refuse to give up hope.
www.hayhouse.co.za



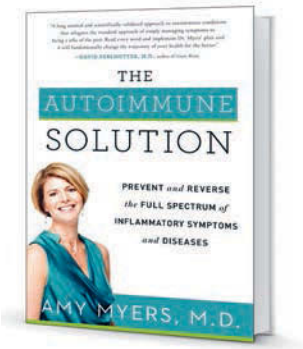
THE SUGAR IMPACT DIET

Sugar has become the thorn in our side when it comes to weight loss but we also know that its unhealthy – period. Weight gain, inflammation, insulin resistance, mood swings and diabetes are only a few of the results caused by excess sugar consumption. JJ Virgin tells things the way it is. She does not beat around the bush and won't compromise when it comes to your health. She highlights the difference between sugars (yes, even the ones we think are healthy) and provides a list to be weary of. Her sugar impact diet is an effective way of losing those unwanted and unsightly fat rolls and is a great health plan to follow to becoming a more healthier you.
www.jonathanball.co.za



THE THIRD PLATE

Based on ten years of surveying farming communities around the world, top New York chef Dan Barber's book offers a radical new approach to what we eat. The Third plate is grounded in the recent history of American food and agriculture – a model that is quickly being exported to the rest of the world. Traditionally, people have dined on the 'first plate', a classic meal centered on a large cut of meat with a few vegetables. On the 'second plate', championed by the popular farm-to-table movement, meat is free-range and vegetables are locally sourced. This however too, as the 'first plate', disrupts ecological balances. The 'third plate' offers a solution: an integrated system of vegetable, cereal and livestock production that is fully supported by what we choose to cook for dinner. It's where good farming and good food intersect.
www.jonathanball.co.za



THE AUTOIMMUNE SOLUTION

Over 90 percent of the population suffers from inflammation or an autoimmune disorder. Until now, conventional medicine has said there is no cure. Minor irritations like rashes and runny noses are ignored, while chronic and debilitating diseases like Crohn's and rheumatoid arthritis are handled with a cocktail of toxic treatments that fail to address their root cause. In this book, Dr Amy Myers, a renowned leader in functional medicine, offers her medically proven approach to prevent and reverse a wide range of inflammatory-related symptoms and diseases, including allergies, obesity, asthma, cardiovascular disease, fibromyalgia, lupus, IBS, chronic headaches, and Hashimoto's thyroiditis.
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CHILDREN'S *corner*





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Calming children naturally in a high-tech world

The high-tech world we live in is not all good news: our children's very health is suffering as a result of over-exposure to technology and it is time to take a natural stand against its negative influences.



MARGARET ROBERTS
www.margaretroberts.co.za
He is a herbal pioneer in South Africa. For almost 40 years she has imported and trialled herb seeds and cuttings for South African gardeners and farmers. She lectures and consults on herbs, medicinal foods and environmentally safe natural insecticides at tertiary institutions countrywide and at her Herbal Centre at De Wildt. She was one of the first true organic farmers in South Africa, and has shared her knowledge through over 30 books and ongoing radio and television series. Margaret received a Laureate Award from Pretoria University in recognition of her outstanding contribution to this field.

What is happening to us? Are we rearing a bunch of uncontrollable, noisy, impossible little monsters? Why do one in five children today suffer from behavioural problems, ADD, hyperactivity, or learning difficulties? Is the age of technology, the contemporary culture we have created, impacting on our children's development and well-being? Have we gone too far? Yes we have.

Our children are showing us this in temper tantrums and 'heightened alertness'. Cell phones, the flickering screens of TVs, computers and iPads keep their developing minds too taut and strained. Researchers are finding growing evidence that cell phones may rob and suppress the sleep hormone melatonin, and computer games are now proving to be dangerous to child development. So let's look at a handful of ways to bring a little balance into the lives of our children.

LET'S LOOK AT FOOD

Choose organic produce whenever you can. Ideally, eat from your own garden. Grow your own vegetables, fruit and herbs organically. Don't allow fast foods, sugary or salty snack foods, sweets or chocolates.

Go back to the basics, namely lots of fresh fruit, salads and vegetables. There should be an absolute minimum intake of five fresh fruits and vegetables daily, although eight is better, and 10 is better still.

Cook nourishing stews, soups and casseroles without using packets, bottles or instant flavourings. Delete all 'instant' products from the

diet of the whole family, and reduce salt intake by using herbs such as basil, thyme, origanum, coriander and celery to replace some salt.

Healthy calming snacks

Have bowls of pecan nuts, almonds, sunflower seeds and pumpkin seeds around for easy nibbling. Apple rings, dried mango strips, raisins, sultanas and dates will satisfy the sweet tooth.

> ‘Sugar is one of the modern world’s greatest downfalls’

Don’t have bowls of sugar around! Sugar is one of the modern world’s greatest downfalls, and winds children up. Rather use small quantities of honey and fructose. Dates, raisins, nuts and dried fruit can replace chocolates and sweets, and fresh fruit juices should completely replace fizzy drinks.

Make cheese straws, thyme fritters and have little tubs of sweetmilk cheese squares in the fridge for hungry snackers.

Have jugs of diluted unsweetened fruit juice in the fridge or fill individual juice bottles with your own juices from your juice extractor.

Invest in a home dehydrator to make dried apple rings and peach slices, and dried strawberries which are chewy and delicious. Remember sugar revs children up, making them frenetic!

In addition to implementing the above dietary principles and practices, consider too the importance of sitting together at the table as a family and eating healthy happy meals together. Food is your best medicine. We have to change, and change what our children eat. There isn’t time to wait!

Healthy drinks

Invest in a juice extractor, and juice fresh fruit and vegetables daily. Encourage your children to drink water abundantly! Use a liquidiser or blender to make smoothies for your children, and teach them about the goodness in fruit and vegetables.

Soothing smoothie

A sustaining, delicious and calming smoothie can be made by liquidising ½ - ¾ cup plain Bulgarian yoghurt with one banana, a dash of fresh apple juice (about ½ a cup), ½ a teaspoon of cinnamon, and one to two teaspoons of honey at lunch time or mid-afternoon.



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Make your own muesli

Replace store-bought cereals with this delicious mixture. Serve with warm milk, plain Bulgarian yoghurt and a dribble of honey. This amount will serve up to 8 or 10 people and can be stored safely in the fridge in a sealed container for quick nourishing breakfasts.

Ingredients

4 cups large-flake oats (non-instant)
2 cups chopped pecan nuts and almonds or cashew nuts
(NOT peanuts as these can start an allergy)
1 - 2 cups chopped seedless raisins or sultanas
(always choose sun-dried fruit)
½ cup sesame seeds
½ cup sunflower seeds
1 cup chopped dried apple rings, or better still add a fresh peeled grated apple as you serve it.

You can add sliced strawberries, blueberries, banana, papino or pawpaw. This is like tiger's milk – it will sustain your child for the day!



TISSUE SALTS

I call these precious minerals 'coping salts'! I could not have raised my three very active children and managed my own busy life without the calming influence of these easy-to-take minerals. Get to know them. There are twelve, and they are available from your pharmacy.

For example, for erratic, wild behaviour I recommend No. 1 Calcium fluoride, No. 2 Calcium phosphate, and No. 6 Kalium phosphate. One tablet of each sucked every two hours, or even every hour, will soon settle and calm.

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To be perfectly blunt, it's the sharpest choice.

Positive feedback from educators and parents is regularly received, and with the use of eye q™, used alone in a very young child, or in combination with standard ADHD treatment in "tweens" and "teens", the improved results speak for themselves.

The unique combination of High EPA omega-3 and 6 in a 9: 3: 1 ratio, is specific to the eye q™ brand. The oil is obtained from the flesh of sardines and pilchards, harvested for their high levels of omega-3 EPA, from sustainable resources in the Southern Oceans, is rigorously tested, by independent laboratories, ensuring a pure pharmaceutical grade omega supplement. The oil is in its most natural bio-available form, ensuring high absorption of the eye q™ supplement to nutritionally support concentration and behaviour in the classroom.

In a 2013 Trial, the Head Investigator, Professor Barragàn questioned proposed results before starting the trial saying."I generally was sceptical about food supplements, as are most doctors, because there are often not enough published scientific studies on them, but eye q™ was different."

The eye q™ formulation is available as eye q™ capsules, eye q™ liquid in citrus flavour, and eye q™ chews with nature-identical strawberry flavour.

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ARCTIC HEALTHCARE (PTY) LTD



No. 6 is excellent for hyperactivity, autism, dyslexia, anxiety and frenetic behaviour, and can be safely taken daily. It is a natural tranquilliser and one tablet of No. 6 taken even three times a day, sucked not just swallowed, will have a wonderfully soothing effect on the child. By the way, No. 6 also helps with night terrors, tearfulness, tempers, insomnia and bad moods!

Take one tablet of No. 6 and one of No. 8 Magnesium phosphate for prolonged stress, burnout, over-activity, and for lack of concentration (and take some yourself to help you cope!).

For bedwetting and nightmares take No. 8 Magnesium phosphate with No. 2 and No. 12 Silica, and for restless sleep numbers 2, 4, 6, 8 and 10 are a wonderfully soothing combination and can be crushed and mixed into warm milk.

No. 2 Calcium phosphate is a superb salt for children who cannot follow the teacher at school, who lose concentration, and who show moody anger and aggressiveness, and with No. 8 you will see a quieter, happier and more tolerant child. The usual dose is to suck one tablet three times a day.

HERBS TO CALM

The following are simple herb teas that will soothe and calm a restless child. Fresh fruit juice can be added to make the teas more interesting.

Nourishing juices

In the juice extractor make a vitamin and mineral-rich drink:

Ingredients

2 carrots peeled and roughly sliced
1 apple peeled and cored
1 stick celery
1 - 2 sprigs parsley
1 medium-sized peeled and quartered fresh beetroot OR
½ a peeled pineapple

Method

Change the fruit and vegetables frequently to keep the child interested, for instance carrots, pineapple and peach, OR carrots, papino and apples, OR carrots, mango and spanspek (melon).

Children will soon find their favourite combination, and this health-building drink (the quantity described serves one) can become a good calming ritual to set them up for the day or give them fuel for the afternoon's activities.

Melissa or lemon balm tea

This is an amazing herb. It has a refreshing lemon flavour and makes a delicious tea that can be cooled and added to fresh fruit juices. It calms, lowers blood pressure, relieves over-stressed anxieties, lifts tearful moods, calms tempers, and soothes indigestion and colic, especially in children and even in tiny babies. It relieves heartburn, quietens hyperactivity and eases panic attacks, nervous irritability, despair, fear, anxiety and nervousness and is excellent for restless legs, growing pains, headaches and 'flu with muscular aches. Melissa is safe for tiny babies and little children. This is one herb no mother should ever be without.

Pour one cup of boiling water over ¼ cup of fresh Melissa leaves and sprigs, allow it to stand for five minutes, and strain. To ease colic, give a teaspoon at a time (warm) to a baby every two to five minutes. Add one to two tablespoons to

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#What's your number?

Tissue salts are the 12 inorganic minerals first discovered by Dr Wilhelm Heinrich Schüssler to occur naturally in your body. Dr Schüssler found that administering minute doses of these 12 inorganic nutrients could help correct imbalances and promote healthy functioning of the cells and tissues in our bodies. By identifying with the predominant symptoms associated with each of the tissue salts, you will be able to determine which tissue salt number could be most beneficial for you to help restore balance in your body.

Tell us what your tissue salt number is and stand a chance to WIN a weekend away for 2!

Visit our Facebook page: www.facebook.com/NaturaSA, like our page and #(Hashtag) your number(s) and details.

Visit www.natura.co.za for Ts & Cs

#1 Calc Fluor: 1

Helps maintain tissue elasticity

Calc fluor is beneficial for conditions where connective tissue has lost its elasticity and hardened or become too relaxed:

- Cracked or chapped skin;
- Calluses on hands or feet;
- Tendency to enlarged or varicose veins.

#2 Calc Phos: 2

Supports assimilation of nutrients

Calc phos helps your body to absorb and utilize nutrients from your food to promote healthy growth of tissues. It may benefit conditions such as:

- Slow healing of injuries to bones;
- Slow recovery from illness.

#3 Calc Sulph: 3

Supports removal of pustulent matter from the body

Calc sulph may benefit:

- Tendency to pimples and pustules on the face;
- Tendency to boils, carbuncles and abscesses;
- Slow-healing sores.

#4 Ferrum Phos: 4

Oxygen carrier and anti-inflammatory

Ferrum phos improves oxygenation of the blood and has an anti-inflammatory effect. It may benefit:

- Inflammatory conditions with redness, throbbing pain, heat or swelling;
- Tendency to simple anaemia.

#12 Silicea: 12

Silicea is the cleansing, eliminating tissue salt that helps the body to remove degenerative material

May be beneficial for:

- Pustulent sores & pimples;
- Abscesses, boils & styes;
- Conditions that are accompanied by foul odour.



Find us in the purple bottle

#5 Kali Mur: 5

Helps remove excess mucus and phlegm from mucous membranes

Kali mur may be beneficial for:

- Chronic catarrhal conditions;
- Nose blocked with thick, white catarrh;
- "Thick-in-the-head" feeling.

#11 Nat Sulph: 11

Helps to gently support liver function and promotes the elimination of excess water

May be beneficial for:

- Nausea;
- Indigestion;
- Support of gallbladder.

#6 Kali Phos: 6

Helps to maintain healthy functioning of nerve tissue

Kali phos is used for conditions that arise from an over-stressed, over-excited or fatigued nervous system. It may be beneficial for:

- Bashful, fearful and anxious mental states;
- Brain-fog from overwork.

#10 Nat Phos: 10

Helps relieve conditions resulting from excess build-up of acid in the body

Nat phos may be beneficial for:

- Heart burn;
- Acid indigestion with sour eructation;
- Gout;
- Cracking of joints.

#9 Nat Mur: 9

Helps regulate water balance in the body

Nat mur is used for conditions where there is either excess moisture or extreme dryness. It may be beneficial for:

- Runny nose;
- Tendency to watery diarrhoea alternating with constipation.

#8 Mag Phos: 8

Antispasmodic tissue salt

Mag phos is known as the anti-spasmodic, analgesic tissue salt. It may be beneficial for:

- Muscle cramps and spasms;
- Headaches with shooting, stabbing or spasmodic pain;
- Menstrual cramps.

#7 Kali Sulph: 7

Maintains healthy functioning of skin

Kali sulph assists with skin conditions where there is dryness, flakiness and scales or crusty yellow eruptions such as:

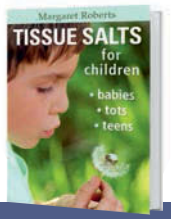
- Dry, scaly skin & scalp;
- Skin blemishes with sticky yellow discharge.

CoMed Health (Pty) Ltd, 313 Kuit Street, Pretoria 0184. Tel: 012 813 9400.
www.comedhealth.co.za

NATURA
A natural way of life™

Recommended reading

1. Roberts, M., *Tissue Salts for Healthy Living*. Spearhead, 2003.
2. Palmer, S., *Toxic Childhood. How the Modern World is Damaging Our Children and What We Can Do about It.* Orion, 2006.



For more information on tissue salts, refer to my book: *Tissue salts for children (babies, tots and teens).* Published by Struik Nature. Available from www.randomstruik.co.za

the baby's bottle (one tablespoon if under one year and two tablespoons if under two years old) for all the above ailments. Give ½ a cup to a child from one year onwards.

Chamomile tea

This is the much-loved old-fashioned calming tea that has been used since the 14th century! It is worth growing your own and it does well in the cooler months – so sow some now.

To make chamomile tea, add one tablespoon of flowers to one cup of boiling water, let it stand for five minutes, strain, and add cooled tea to juice or bottles for babies.

Chamomile is calming and soothing and acts like a natural aspirin in the body for a feverish cold. It is also good for tension, headaches and restlessness.

In the case of hyperactivity, anxiety and insomnia, ¼ cup of chamomile tea immediately calms and soothes the restless child, and babies easily take teaspoons at a time. I love to use fresh chamomile flowers, but as it is a quick annual I dry my organically grown chamomile for summer use. Never be without it as this is a superbly helpful herb.

Herbs for bath time

I grow rose-scented geranium and lavender under the bedroom windows. To make soothing calming additions of these herbs for the bed-time bath, fill a large bowl with four cups of fresh leaves and sprigs of rose geranium (do the same with lavender flowers and leafy sprigs). Pour at least two litres of boiling water over the herbs. Leave this to cool, then strain and add it to the bath. Alternatively you can tie a bunch of fresh sprigs of either rose geranium or lavender in a cotton cloth and hang it under the hot water tap. Let the hot water release the soothing oils, and use the whole bundle with soap to wash yourself.

Like chamomile and Melissa, rose petals are soothing and calming. These herbs all make beautiful soaps and bath additions. Use them fresh, organically grown and frequently in the bath to soothe and calm that busy, restless little child. ●

Peace in the home

- Remove all electronic equipment from your child's bedroom, especially cellphones, TVs, iPads and computers.
- Line curtains with light-blocking fabric to create an atmosphere of quiet and peace.
- At bedtime play soft classical music with a beat slower than a heartbeat.
- Sing the lullabies your grandparents sang to you.
- Read your child a story at the end of each day in a quiet, calm voice, choosing stories that are uplifting, encouraging and have happy endings.
- Find a book of poetry and let your child experience the beauty of words.
- Take him or her to the library.
- Share books with friends and help them build up their own libraries.
- Should your child fear the dark, find a soft night light for the passage.
- Sit with your child in the dark and say prayers together quietly.
- Create a bedtime ritual.
- Always talk to your child calmly and lovingly.
- Make eye contact.
- Touch and stroke your child.
- Hold him and smooth his hair.
- Tell him you love him.
- Share information that is peaceful and happy.
- Encourage him to tell you about his day.
- Share family meals in quiet and in peace – with no radio, TV or shouting.
- Share family history, stories and ideas.
- Talk to your child.
- Slow yourself down.

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NATURAL *nutrition*





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NUTRITION FOR HEALTHY SKIN

Most people know that the skin is the largest organ of the body – it's what 'keeps our insides in', in the words of an old song. Although it is on the outside of the body, it is nonetheless a vital organ that needs special care.



SALLY-ANN CREED, POSTGRAD DIP CLIN NUTR (AUST).
www.sallyanncreed.co.za

Having suffered from life-threatening illnesses for decades, Sally-Ann was led back to health through diet and wise supplementation by a nutritionally orientated medical doctor, Dr Robbie Simons. She went on to qualify as a nutritional therapist, is a best-selling author of several books. Sally-Ann won the SA Most Influential Women in Business and Government award 2009/2010, and is a member of the Institute of Functional Medicine, USA, and the South African Association for Nutritional Therapy.

The skin is both an insulating and temperature-regulating layer that protects against the elements and the body's first line of defense against germs that might cause disease. Skin is also a wonderful outer indicator of what is taking place on the inside. A good example of this would be someone with a very yellow colour who is suffering from jaundice – here the skin indicates that there are problems with an inner organ, in this case the liver.

THE OTHER FACTORS

In considering sensible nutrition for a glowing skin, it stands to reason that any good food that benefits the body is going to be beneficial for the skin as well. But ideally both fresh food and targeted nutritional supplements are necessary – there are specific nutrients that seem to have the edge when it comes to producing a really healthy, luminous skin. It goes without saying that other important ways of ensuring a good skin include:

- stress reduction
- a good exercise regimen
- identifying and eliminating food intolerances
- avoiding a polluted environment

A primary starting point in skin health is hydration of the skin in the form of an adequate intake of pure water. Where there is a water imbalance either puffiness or extreme dehydration results, both of which are undesirable. Dehydrated skin is often wrinkled, lifeless and dull – it flakes, seems to 'hang' badly, and has an unnatural colour. Water is an excellent way to hydrate the body, and eating fresh vegeta-

bles and fruit with a high water content (e.g. tomato, citrus fruit) helps to provide extra quality water together with added nutrients.

Exercise is an important factor in both helping the skin to function optimally and assisting the body to rid itself of waste. Fresh air, freedom from stress and a good night's sleep all help to improve skin quality – but these things improve all the body's systems, and are 'givens' in any case. Hormones also play a significant role at certain times of a person's life (puberty, menopause) or in specific health conditions such as polycystic ovarian syndrome (PCOS), but with good diet, lifestyle and supplementation these conditions can usually be improved or overcome.

A toxic, overburdened body eventually begins to show the telltale signs of deterioration in skin quality. Think of a seasoned cigarette smoker, and how often the facial skin is dry and wrinkled – too few antioxidants and too many inhaled toxins give a sallow, old-before-your-time look. In the same way, the effects on the body of junk food, damaged fats and a host of other chemicals and toxins show up as a less than healthy-looking skin.

Because your skin is your barometer of inner health, if you're overloaded with toxins (alcohol, caffeine, sweets, etc.), and have been bombarding your poor body with trans fats and high-sugar junk food, your complexion will inevitably mirror this. Add to that extreme temperature changes (cold wind, too much sun), and you have a surefire recipe for problem skin.

Cleaning your skin is not limited to the outside. It has to begin on the inside, where the real work starts at a cellular level in what you are feeding your body. The first thing to consider in your routine is drinking enough water. The human body is more than 70% water, so it makes sense to start here. Around 8 glasses a day is considered a healthy amount, and it won't hurt to aim for a little more than that, particularly during the hot summer months.

> 'The first thing to consider in your routine is drinking enough water'

Water boosts lymphatic circulation, which is the body's toxin-disposal system. Puffy eyes are an indication of an accumulation of toxins in this area, and can often be rectified by drinking adequate amounts of water.

Dark shadows under the eyes can be a sign of sluggishness, too little water, or food allergies – even too little sleep and insufficient exercise may show up as dark rings. Sometimes poor heart or kidney function manifests in this way, but usually it's something less sinister such as an unhealthy lifestyle, or even a yeast infection such as *Candida albicans*.

MILK – AN 'ENEMY' OF HEALTHY SKIN

The hormones and allergenic proteins in milk definitely seem to contribute to acne – just eliminating it from the diet for a while will prove

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that to any sceptic – so it may well be a good thing for teenagers to cut out, at least until the problem-skin years have passed. The link between milk and adult acne may be due to problems with blood sugar metabolism and chronic inflammation. Extreme blood sugar spikes lead to hormonal reactions that increase sebum production and turnover of skin cells. Chronic inflammation taxes the immune system and opens the door for acne by causing bacteria to colonise the blocked skin pores.

Milk contains an array of powerful growth hormones. Insulin-like growth factor-1 (IGF-1) is one of the hormones found in milk and causes problems for acne sufferers for two reasons: it increases sebum production, and it stimulates the growth of skin cells. The faster the skin cells grow the faster they die, which results in more dead skin cells to block the pores. This process also leads to faster ageing of the skin.

Insulin is suspected to be another link between milk and acne. Higher insulin levels usually mean higher rates of acne because insulin stimulates sebum production, but more significantly insulin levels correlate with levels of IGF-1 and several sex hormones that are closely linked to acne. So if you are aiming for an ageless, flawless skin, milk might be one of the things you decide to either reduce drastically or do without.

Owing to the insulin spike that occurs when eating refined carbohydrates, it would be advantageous to avoid these foods. Select low-GL, slow-release carbohydrates and eat them together with protein to prevent a sugar spike,



which can contribute to compromised skin health.

FOODS AND NUTRIENTS FOR HEALTHY SKIN

In considering which foods to eat for optimal skin quality, the good news is that vitamins C and E and the mineral selenium can support the skin's natural repair systems against free radical damage. Rich and tasty sources of **vitamin C** include citrus fruits, red peppers, broccoli, raw nuts such as almonds and hazelnuts, spinach and avocado. People who take high doses of vitamin C often look as though they've had a facelift or been on holiday. Vitamin C is another of the 'star' vitamins and has a marked effect on skin quality in a relatively short space of time.

Vitamin E is particularly effective when taken with selenium. **Selenium** is found in cod, turkey and Brazil nuts. We need to keep in mind that South Africa has selenium-depleted soil, so it would be advisable to take a daily nutritional supplement of this trace element. Selenium is also a powerful cancer protective nutrient, so it makes sense to add it to your vitamin regimen anyway.

Supplemental **vitamin E** comes in various forms. If you wish to use a natural and effective form of vitamin E, choose d-alpha tocopherol, not dl-alpha tocopherol. The presence of the 'l' means that the latter is synthetic, and the body prefers the natural version.

Foods high in **vitamin A** are extremely important for skin protection and repair, as this vitamin is also a powerful antioxidant. Vitamin A is found in dark orange vegetables such as carrots, sweet potatoes and pumpkin as well as in the dark green vegetables like kale, spinach and broccoli. A fantastic source of vitamin A (together with some vitamin D and fish oils) is cod liver oil.

B vitamins are essential for the health of all body cells, including skin cells, and play a vital role in keeping skin healthy and glowing. B-vitamins repair and rebuild tissues, guarding against dryness and flakiness, so B-vitamin deficiencies often manifest with dry, itchy skin. Eating enough foods rich in B-vitamins plus a good B-complex supplement can do wonders for skin complaints of almost any kind. Fish, eggs, nuts, seeds, green leafy vegetables,



SUMMARY OF TARGETED NUTRIENTS FOR PROBLEM SKINS

Conditions that can be visibly helped by targeted nutritional supplements include:

Dry skin: Vitamins A, C, D and E
Acne: Vitamin A
Sunburn/damage: Selenium
(eases burning effect of sun's radiation)
Eczema: Fish oil, magnesium, vitamin B_6, zinc
Dull, grey-looking skin: Biotin
(found in bananas, oatmeal, eggs, rice)
Oiliness: Deficiency of vitamin E
(too little vitamin E causes facial oiliness)

Fairly large amounts of water-soluble vitamins can be consumed quite safely, as they won't build up in the body. Too much of the fat-soluble ones (A, D, K) is not a good idea because they can build up and may reach toxic levels over time. However, you would need to take a considerable amount of these vitamins to reach toxic levels – be guided by a nutritionist or follow the manufacturer's instructions if in doubt.

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chicken and most whole grains are good natural sources of all the B-vitamins.

An interesting nutrient not often attributed to skin health as such is **coenzyme-Q-10**, an antioxidant that helps to protect cells from free radical damage as well as aid in its repair. Because levels drop with age, as you get older it's a good idea to make sure your diet includes more dietary sources of this nutrient in the form of sardines, mackerel, liver, beef, lamb, eggs, spinach, broccoli, peanuts, wheat germ and whole grains. If you are unable to get enough of this vital nutrient through your diet (which might be the case if you are a vegan or vegetarian) it would be a very good idea to add a supplement to your skin regimen of around 60 mg of coenzyme-Q-10 a day.

Perhaps second only to water in skin health – and in fact whole-body health – would have to be **omega-3 essential fatty acids** (EFAs) in the form of fish and fish oils. Because these both help to produce and to preserve the skin's natural oil barrier – essential for maintaining hydration of the skin, giving healthy skin its plump appearance, and keeping the skin looking younger – they are paramount to this programme. Healthy fats are found in fatty fish or high-quality fish oil supplements, nuts and seeds (not their oils – only eat them fresh and raw), and omega-3-rich eggs. It's extremely important to make sure you buy organic eggs, as ordinary eggs from battery farms will not contain anywhere near the omega-3 content you are looking for. The egg can offer you only what the chicken has been fed, and organic eggs will be free from



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Learn more about great skin and our special value offers



BREAKFAST

½ cup cooked oatmeal
2-egg omelette and/or piece of grilled salmon
Melon and fresh berries
(hydration and antioxidant content)
No juice, coffee or toast!
Tall glass distilled water

LUNCH

125 - 150 g grilled salmon, sardines in olive oil **or**
½ cup canned salmon
Green salad, extra-virgin olive oil and lemon juice
Wedge of melon with fresh berries
Tall glass distilled water

SNACK

Apple
Slice turkey breast
3 - 4 hazelnuts or almonds
Tall glass distilled water

SUPPER

Fresh grilled salmon with a green salad
(as per lunch)
½ cup steamed non-sweet vegetables
(asparagus, broccoli, spinach. No potatoes, carrots, beets or parsnips)
Melon and berries
Tall glass distilled water

SNACK BEFORE BED

½ a pear or green apple
Thin slice of chicken breast
3 - 5 hazelnuts or almonds

harmful chemicals while at the same time being rich in omega-3 essential fatty acids along with a host of other beneficial nutrients. We already have an over-abundance of the other EFA (omega-6) in our Western diet, so it would be prudent to concentrate on rectifying the ratio of 3 to 6 by taking only omega-3 fish oils, not a mixture of the two. Omega-9 is not an EFA and is easily made by the body from the other EFAs.

A diet high in antioxidant-rich vegetables and fruit, nuts, seeds and whole grains will also help to give you a glowing skin. Fresh, organic produce is rich in the important nutrients for skin such as vitamins A, E and C and selenium. These antioxidants are constantly on a seek-and-destroy mission to eradicate free radicals – the body terrorists that aim to wipe out good health in any part of our bodies, including the skin.

A really good-quality **probiotic supplement** would be valuable in ensuring healthy, glowing skin. Probiotics are the good bacteria, essential for a strong immune system. They can be helpful if you are prone to eczema, psoriasis or acne or have taken antibiotics, which wipe out both the good and bad bacteria and sometimes affect skin tone and cause pallor.

Zinc is of course a well-known skin nutrient, as it's crucial for the proper action of over 70 enzymes in the body and for effective wound healing. Dietary sources of zinc are abundant, and include oysters (with 59 mg per 100 g!), wheat germ, liver, pumpkin seeds, beef, lamb and sardines. Excessive intake of cereal fibre and phytates in pulses can reduce zinc absorption, as can too much phosphorus. The oral contraceptive pill can lower levels of zinc in the body, while the drug tetracycline (an antibiotic often prescribed for acne) interferes with zinc absorption. A supplement of around 20 mg daily can help to clear skin problems in a few weeks in many cases. Eczema sufferers often respond very well to zinc supplementation.

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TIRED SKIN FACE MASK

Try this for a great skin pick-me-up!

What you need

180 ml **plain yoghurt**
1 tsp finely crushed **almonds**
2 tsp **honey**
2 tsp **wheat germ oil**

What you do

Mix all the ingredients into a smooth paste. Apply and massage into skin. Keep the mask on for 20 minutes.

The crushed almonds have an exfoliating action that gets rid of dead skin. You could use fine sugar or salt here, but almonds are gentler. The honey helps the mask to 'hug' the skin, and the wheat germ oil contains gorgeous vitamin E to fight free radicals – one of the skin's greatest enemies.

DR NICHOLAS PERRICONE'S FAMOUS 3-DAY FACELIFT

Well known for his 'Wrinkle Cure', Dr Perricone advocates a 3-day facelift that benefits not only the skin but the entire body. The promise of a visible difference in your looks in just three days may seem too good to be true, but if you eat the 'wrinkle-free way' even for a short period of time you will experience dramatic changes not only in how you look but in how you feel. This programme aids in the elimination of puffiness, defines facial contours and promotes a firmer jawline due to its anti-inflammatory effects. Perricone advocates eating salmon twice a day in order for its DMAE and omega-3 essential fatty acids to achieve their full effects. This regimen will increase facial radiance, glow and firmness, and it certainly seems to work if the pictures in his books are anything to go by.

Love the skin you're in by taking good care of it from the inside out! ●

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ARE YOU MADE OF THE *white stuff?*

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Milk, yes good old calcium-rich cow's milk – what could be healthier? Well, if you are over the age of three, I'd say just about everything. Cow's milk and the products made from cow's milk (cheese, cream, etc.) were simply never designed to be consumed by humans.

If we open our minds and think about it rationally we would all soon realise that the milk of a cow was meant for a calf – not a human. Not convinced? Well, we are the only mammals on the planet that drink milk after weaning age – even cows don't drink milk. Milk contains a protein called casein; it also, as you will no doubt be aware, contains calcium. However, what they don't tell you is that casein and calcium are chemically bound together and in order for the protein to be used efficiently and calcium utilised properly, the body has to have a couple of digestive enzymes to split them up.

'So what?', you may be saying, 'it's all sounding a tad blah, blah, blahish.' Well here's the problem: after the age of three, the majority of us no longer have the enzymes that were meant for this job (another big clue as to why we shouldn't be consuming it).

THE PROTEIN STUFF

Something else they don't tell you either; the protein casein, is used as a base in one of the strongest wood glues – and cow's milk has over 300 times more casein than human milk. This stuff sticks to the walls of your stomach, sticks to your intestines and creates an extremely mucous environment for many people. It prevents any good stuff you consume from being properly absorbed and hinders the elimination of wastes.

Isn't it amazing how we can all be conditioned to believe something that, when looked at rationally, doesn't make a blind bit of sense? I'm not saying don't eat cheese ever again and I'm not part of the anti-milk police; if you want it – have it. Just don't delude yourself into believing it's a health food. It seems funny that the advertising slogan for milk read 'Are you made of the white stuff' when in fact we're not made of the right stuff to deal with the white stuff!

THE CALCIUM STUFF

Much of the propaganda regarding milk has been about calcium and the danger of getting brittle bones if you don't drink the stuff. What they know, but keep a little hush-hush, is that dairy products are not vital for good bone health. As Dr Tierry Brun points out, 'The Chinese consume no cow's milk or dairy products, yet they have among the lowest rates of osteoporosis in the world'.

Another fact that seems to be kept a little quiet is that all fruit and veg contain 'usable' calcium, with dark green leafy veg such as broccoli, spinach and kale being particularly rich sources. But it's the humble onion that is your best bet against weak bones. A study from the University of Bern in Switzerland found that just one gram of onion a day is enough to strengthen your skeleton.

As you might have guessed you won't find any cow's milk or yoghurt in my smoothies (mind you, you won't find any onion either). You will, however, find some live organic goats yoghurt in these smoothie recipes.

All juices and smoothies are incredibly powerful but for all you weight trainers and very active puppies out there, here's two of the juice master's muscle and energy builders.



JASON VALE
Twitter @juicemaster
www.juicemaster.com

He has been described as the 'UK's Anthony Robbins' and the 'Jamie Oliver of the health and juicing world'. His books have now sold over three million copies around the world. Jason has dedicated his life to helping others achieve better health and well-being through freshly extracted juice. He has spent the past 15 years working with hundreds of thousands of people from every corner of the globe, including top athletes, CEOs of major companies, and many celebrities.



POWER SMOOTHIES

BANANA-RAMA

A-me-know why it's essential
(That's essential amino acids in case it passed you.)

This is great for when you need some extra energy.

You will need

3 bananas

Small handful of almonds

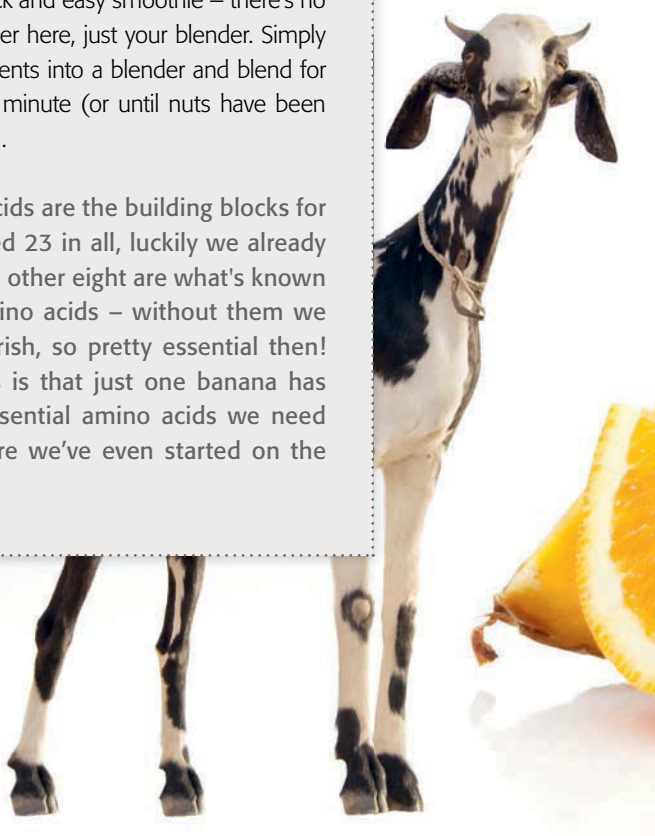
1 cup of live organic goat's yoghurt
(if you're vegan just use a small cup of organic soya milk and add a teaspoon of live acidophilus)

Large handful of fresh or frozen blueberries
Large handful of ice
Small glass of mineral water
(if using soya milk instead of yoghurt, leave out the water)

What you do with it

This is such a quick and easy smoothie – there's no need for your juicer here, just your blender. Simply put all the ingredients into a blender and blend for 45 seconds to 1 minute (or until nuts have been chopped enough).

Fact – Amino acids are the building blocks for protein. We need 23 in all, luckily we already have 15, but the other eight are what's known as essential amino acids – without them we would soon perish, so pretty essential then! The good news is that just one banana has many of the essential amino acids we need and that's before we've even started on the nuts!



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‘We’re not made of the right stuff to deal with the white stuff!’

THE POWER HOUSE

An old blend but still as big and powerful as ever!

This choc-tastic power smoothie is specifically designed for all you budding body builders out there or those just looking to pack on a few more pounds.

You will need

½ pineapple

4 oranges

½ a lime (peeled)

Handful of grapes (any colour, seeded or not)

2 bananas

1 cup of live organic goat’s yoghurt
(if you’re vegan just use a small cup of unsweetened organic soya milk and add a teaspoon of live acidophilus)

1 heaped Tbsp of soya protein powder

1 tsp of Manuka active honey
(if unavailable, use organic or whatever you have)

1 teaspoon of carob powder
(if you hate the taste of chocolate skip this)

What you do with it

Peel the pineapple (unless it’s organic) and oranges, remembering to keep as much of the white pith on the oranges as possible. Juice the pineapple, lime, grapes and oranges and pour into blender. Add the bananas, yoghurt, protein powder, carob powder, honey and blend.



The following two recipes are taken from *Food Jamming with Jade* by Jade De Waal

Mushroom crostini

An awesome way to impress your loved ones by using simple ingredients in a rockstar way. You can make it without the deep-fried sage, but it's easy and adds a rad touch.

BATTER

4 Tbsp cake flour
pinch of salt
pinch of bicarbonate of soda
100 ml beer
1 egg white

CROSTINI

1 Tbsp butter
1 Tbsp extra virgin olive oil
1 onion, thinly sliced into rings
2 cloves garlic, finely chopped
salt and freshly ground black pepper
200 g small button mushrooms, halved
extra virgin olive oil, for frying and drizzling
12 sage leaves (optional)
1 small baguette, thinly sliced
50 g blue cheese, thinly sliced, for serving
300 g fresh rocket, for serving

METHOD

1. **To make the batter**, gently whisk the flour, salt and bicarbonate of soda together with the beer. Cover the bowl and refrigerate for at least 30 minutes.
2. **For the crostini**, melt the butter and olive oil in a small pot.
3. Add the onion, garlic and seasoning, and fry gently for about 10 minutes over low heat until caramelised, adding more oil if necessary.
4. Add the mushrooms and fry for another 3 minutes until soft, taking care not to over caramelise the mixture.
5. Remove the batter from the refrigerator, whisk the egg white until soft peaks form and then fold into the batter with a metal spoon.
6. Heat 2 to 3 cm olive oil in a wok to deep-fry the sage leaves.
7. Holding the stems of the sage, dip 3 to 4 at a time in the batter and then deep-fry for 1 minute until golden brown, turning over after 30 seconds.
8. Finally, pop the baguette slices on a tray, drizzle with some olive oil and top each slice with a tiny piece of blue cheese.
9. Toast in the oven for 1 minute to melt the cheese slightly.
10. Remove from the oven, top with the rocket leaves, a spoonful of the mushroom and onion mixture, and finally with the sage leaves.
11. Eat immediately.

SERVES 4
(as a starter)

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Smoked snoek blini with nectarine salsa

Snoek and apricot jam get their groove back by serving them with nectarine salsa on these delicious blinis. A blini is a funky name for a small flapjack.

SNOEK

300 g lightly smoked snoek
2 Tbsp apricot jam
small handful fresh coriander, coarsely chopped
1 lemon, thinly sliced
extra virgin olive oil, for drizzling

BLINIS

2 medium potatoes, peeled and quartered
pinch of salt
6 Tbsp cake flour
1 large egg
salt and freshly ground black pepper
extra virgin olive oil, for frying

METHOD

1. **Start with the snoek** by covering it with apricot jam, followed by the coriander and then the lemon slices.
2. Drizzle with a little olive oil, wrap in aluminium foil and roast in the oven for 12 minutes.
3. Remove when done and leave to cool slightly while still wrapped in the foil.
4. Meanwhile, **make the salsa** by mixing all the ingredients together in a bowl.
5. **To make the blinis**, fill a pot with water, add the potatoes and salt, and bring to a boil.
6. When cooked, drain in a colander. Transfer the potatoes to a mixing bowl and mash until smooth. Leave to cool slightly.
7. Add the flour and egg, and season to taste.
8. Heat enough olive oil over medium heat to coat the bottom of a small pan. Add a large spoonful of the potato mixture to the pan and fry 3 to 4 blinis at a time, for about 1 minute on each side.
9. Remove from the pan and place on a serving plate.
10. Open the snoek parcel, flake the fish using two forks and remove all of the bones.
11. Place a piece of snoek on top of each blini, followed by the nectarine salsa.



COOKED FOOD IS less — never more



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The raw-versus-cooked distinction is the most important insight in the field of nutrition and will one day be the leading topic of nutritional conversation and science. When food is cooked it always becomes less than it was before, never more.

You are water — magnetic water. Everything you swallow must be broken down into a liquid to nourish you. The first thing to go with cooking is the water. Cooking alters organic molecules. When those molecules are ingested, they become part of the tissues. Thus cooking alters the tissues at a fundamental level.

Cooked food is dense. It leaves a toxic ash, or residue, in the body after it has been processed as fuel. Over years and decades, this debris accumulates in the form of mucus and is deposited throughout the tissues. Eventually, the toxins reach a crisis level and clog and poison the system leading to heart attacks, strokes and cancer. Many illnesses arise out of the toxic residues left by cooked foods.

COOKED FOOD AND AWARENESS

One of the primary ways your body experiences the world around you is by the food you eat. What does the body sense when one puts a charred piece of animal flesh inside it? The body feels death, pain, fire, destruction.

Eating cooked and processed foods makes one groggy, affects moods, lowers one's level of awareness and interferes with the body's optimal vitality. People are falling day by day to weaker levels, while believing they are attaining a high standard of living.

The nutritional properties of foods are degraded by the process of cooking. Heating converts foods into foreign substances, some of which are harmful. Just like chemical-tobacco smoke, or boil-brewed alcohol, these substances have no connection with the body's natural needs.

'A COOKED SEED WILL NOT GROW'



COOKED FOOD IS ADDICTIVE

Cooked food is addictive (there really is no softer way to phrase it). An addiction is a desire for a substance that has no connection with the true needs of the body. Certain cooked food behaviors have all the marks of a physio-chemical addiction. This is a strong statement, but I think, as you experiment with eating more and more raw plant foods, you will find an interesting truth in it.

People are not truly attached to many of the cooked foods they eat. They eat them for flavor or fun. I have found with most people that there are usually five or six cooked foods that they are actually addicted to and have trouble releasing. These usually include: bread, baked potatoes, coffee, potato chips, corn chips, tofu, candy (cooked chocolate), cigarettes (not a true food) and/or fish. Typically these foods are attached to emotional anchors. When these foods are removed, emotional feelings come up to be detoxified out of the body. One may feel uncomfortable for the moment (as these feelings are released), but feel much better in the long-term.



DAVID WOLFE
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With a master's degree in nutrition and a background in science and mechanical engineering, David is one of the world's top authorities on natural health and beauty, nutrition and herbalism. With over 15 years of experience, David has guided hundreds of thousands of people to higher levels of natural beauty, vibrant health and peak performance.

COOKED FOOD AND THE ENVIRONMENT

Cooking led to the animal and seed diet. The most frequent way people interact with animals is by eating them. The most frequent way people interact with seeds is by eating them.

The animal and cooked-seed diet led to grain farming which is stripping the fertile Earth of its minerals. Grain crops are collected, processed, cooked, fed to animals or eaten, and eliminated into the sewers and waterways of civilization. Erosion wears down unstable grain fields, washing minerals away. Farms are turned into deserts; jungles are turned into rice paddies. One way or the other, the soil minerals wash down and end up at the bottom of the ocean.

Eating raw fruits and vegetables radically improves the mineralisation of the Earth as it encourages the planting of trees. Trees reach down six to nine meters — sometime much farther (I have been told that wild grape vines reach down as far as 150 meters!) Trees elevate the groundwater table and draw minerals up into their stems, leaves, flowers and fruits. This plant matter then eventually falls to the topsoil increasing the mineralisation of the soil for more vegetation to grow. Deciduous trees, which drop their leaves each year, strongly mineralize the topsoil.

The cooking of food is by far the biggest waste of resources on planet Earth. Viktoras Kulvinskas, in his classic book *Survival Into The 21st Century,* reports that cooking destroys 85% of the value of food. When I first realised this, I was staggered. But I did not understand the full implication of this fact. You see, if 85% of the food value is destroyed in cooking, then also destroyed, is 85% of the time, labour, resources and energy that went into creating the foods. So the idea of eating raw plant food impacts all agriculture, all business, all the economies of the world, all politics.

Most people who live in first-world countries with gas stoves and electrical ovens have no idea that the other 90% of the planet is cooking with wood. In third world countries, the cooking of food exposes people to the hazards of inhaling wood smoke or emissions from biomass fuels, such as cattle chips (dung). Emissions from wood and biomass fuels are major sources of air pollution in the home and are the number one source of air pollution outside the home (even eclipsing fossil fuels). Studies have shown that cooks inhale more smoke and pollutants than the inhabitants of the dirtiest cities.

> ‘Cooking destroys 85% of the value of food’

Cooking is a major reason for deforestation. In Africa, the tropical forests of the mountain gorilla are being cut and cleared for cooking wood. Similar tragedies are happening on nearly every continent.

CONCLUSION

People on a standard cooked-food diet go through life in a weakened condition with their vitality much below par, but they are not aware of this because they have never known anything different. They have no reason to believe their vitality and health are not what they should be. They cannot miss what they never had. ●

Source

Wolfe, D., *The Sunfood Diet Success System,* North Atlantic Books.

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THE PREVENTION OF winter ailments

We may be well into the 'season of mists and mellow fruitfulness' to quote from the poem *Ode to Autumn* by John Keats, but this time of year also heralds the season of sniffles, sneezes, coughs and wheezes for many folk.

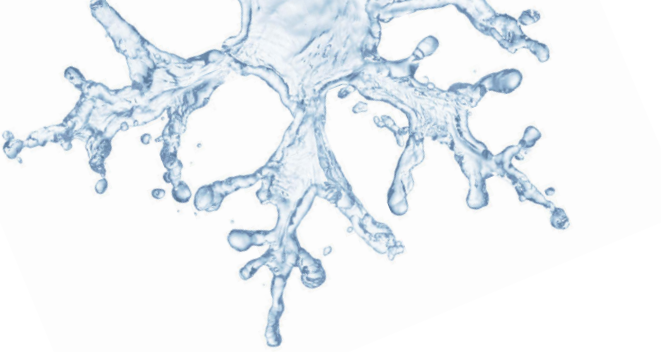




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The question is can anything be done to minimise or prevent common winter ailments in a natural, healthy way? The short answer is – yes, plenty! In fact there's so much that can be done with natural medicine that the entire content of this May issue would not be sufficient space to cover even a fraction of what's available. Please read my follow-up article in the next issue, entitle: 'Is it a cold, or is it a flu?'

As with much of life, one's attitude relative to developing an occasional seasonal cold or flu, or any other ailment for that matter, is vitally important. If the malady can be embraced as an event that helps to keep the immune system on its toes, the symptoms become a lot more tolerable. I like to consider the occasional cold as a sort of internal 'spring-cleaning' process that clears out debris and leaves my immune system well-revved and raring to go.

THE IMMUNE SYSTEM

Maybe you concur with herbalist David Hoffman, who writes 'We "catch" a cold when the conditions in our body are right for a virus to thrive'. I believe that the body has inherent wisdom, so one needs to be mindful of these functions, when it comes to symptoms. For example, a rise in temperature does not mean reaching for something to suppress this symptom, as it is one of the methods the body uses to 'burn up' toxins. Another way the body eliminates toxins, apropos winter ailments, is via mucous (catarrhal) secretions, sweating, etc. These natural detoxification functions often therefore manifest as a sore throat, snotty nose, thick head, or other congestive symptoms of colds and 'flu – which are usually looked on as something awful, rather than as a sign that the immune system is performing exactly as it should.

Having made these statements, it must be acknowledged that it is difficult to totally avoid exposure to winter bugs, or develop total immunity to viral pathogens, since there are so many of them, and they mutate from year to year. The best way to cope with the winter ailments and sniffles is therefore to be prepared. Firstly, ensure that the immune system is as strong and functional as possible. This is a good start, since the development of many illnesses can be described as a 'cause and effect' phenomenon.

Secondly, have your stash of natural remedies on hand to treat symptoms that fuss you unduly. Before the wrath of the orthodox medical fraternity descends on my head, let me clarify that obviously, repeated colds, coughs, etc. may require a different approach, as these could be indicative of more than simple impaired immunity. It goes without saying that various underlying pathologies or secondary infections, such as pneumonia or severe bronchitis, may require more than the standard winter-complaints support offered in an article of this nature.

Not withstanding that cold weather can affect the body's natural strength and resistance, a trend that seems to be emerging, in my observation, is that many more people are becoming ill when the seasons change, and they are taking much longer to get over their illnesses. Is this because there are more 'lurgies' in the air, or is it the result of other factors, such as unwise lifestyles and the fundamental consequences thereof?

Are our immune systems becoming so unbalanced and overburdened that we lack the resources to launch a counter-attack on the micro-organisms that cause disease? So, before you reach for the antibiotics in desperation, please

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be aware that they are ineffectual against cold and flu viruses. Besides that, they tend to destroy both friendly and harmful gut bacteria, which leaves the body vulnerable to thrush and bowel disturbances as a side-effect, adding insult to injury. The overuse of these valuable medicines (yes, there is most definitely a place for them) has led to the ever-growing problem of bacteria that are antibiotic-resistant, which has resulted in the development of 'super bugs' that are immune to antimicrobial drugs. We need to keep these drugs for when they are really needed, if they are to be of any significant value to society.

HOLISTIC APPROACH

There are other options, so take a moment to step back and consider what else can help you through the winter months, bearing in mind that the focus of most natural remedies is to treat the underlying cause, along with the symptoms, as opposed to merely masking or suppressing the symptoms, which tends to be the activity of prescription drugs. This approach underpins the fundamental philosophy of naturopaths and most other practitioners of natural medicine as well as many others who believe that Nature provides the cure for most ailments. In a perfect world, our food and water sources would provide most of our daily nutritional and health needs, but alas, that is not the reality considering the constraints of our current toxic environment.

In summary therefore, a holistic approach to health, along with a balanced diet, good hygiene, appropriate exercise, fresh air, good sleep and meaningful relaxation will go a long way towards strengthening the body, helping it rapidly recover from illness, or at least shortening the duration of an illness if and when it does occur.



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THE EDITORS NOTE ON HOME REMEDIES FOR A SORE THROAT

Few people will make it through winter without a scratchy throat. Treatment is aimed at soothing and increasing moisture in the throat.

Here are some easy remedies:

- Drink warm liquids, such as soups or herbal teas.
- Suck on a zinc lozenge.
- Use a humidifier to add moisture to the air.
- If you have access to a steamroller pipe or sauna, use it.

If you do not have a steamroller pipe or sauna, you can set up your own inhalation system at home. Bring half a pot of water to the boil. Then remove from the heat and add a few drops of decongesting or antimicrobial herbs (eucalyptus, thyme, peppermint or rosemary), or use a good quality premixed essential oil such as Olbas or A.Vogel's Po-Ho or Tibb Inhaler Capsules. Close your eyes and cover your head with a towel and inhale deeply through your mouth and nose.

Drinking plenty of water and some herbal teas will not only soothe your sore throat, but could actually remedy it.

An all-time favourite is a ginger, cinnamon and lemon tea comprising:
1 tsp grated ginger
1 cinnamon stick
2 teaspoons of grated organic lemon peel
½ cup of water

Combine the above ingredients in a small pot and simmer for 15 minutes. Add three tablespoons of this liquid to a cup of warm water and sip slowly. Save the rest for additional cups of tea later in the day. Adding a tablespoon of honey can also help soothe the throat.

Some herbs for sore throats include sage, thyme and slippery elm. Make a herbal tea from any of these herbs by steeping two teaspoons of leaves (dry or fresh) in a cup of boiling water.

Interesting note: When water is added to slippery elm, a substance called mucilage becomes gel-like and coats and soothes sore throats.



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PARTICIPATORY MEDICINE
OUR PARTNERS IN ILLNESS – A CASE STUDY



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He has practised Integrative Medicine for 37 years in Switzerland, Germany and the majority of his career in his homeland, South Africa. His work includes managing an Integrative Health Clinic in Plumstead, Cape Town, practising as a clinical doctor, counsellor and School Doctor and engaging as an international speaker, workshop facilitator and child health researcher. He is the author of the book *Awakening to Child Health Part 1* and *Addictive Behaviour in Childhood and Young Adults – the Struggle for Freedom.* Contact no. 021 762 2364

A previous article on participatory medicine and healing* explored our continuous interconnection and partnership with every aspect of life – our bodies, our world, other human beings, and indeed with ourselves. But just as we participate in our own health and healing, we also participate in our own ill health.

In this article the focus will be on the multiple *partnerships* we have with our internal 'characters', those aspects of our psyche that make up our personality which determine the way we live our lives, our health, our growth potential, and our healing. Most importantly, we shall see the power these characters have in creating our blocks, our self-restrictions and our ill health.

CHARACTER TYPES

We have within us our primary *functional role characters* – mother, wife, friend, teacher, etc. Embedded in our characters are our *biographical characters* – the child, teenager, adult etc. And constantly weaving through all of these role players are our *psychologically active characters* – our *thinking, sensing, feeling* and *doing person*, who changes rapidly and magically according to the role we play. For instance when we are being the parent, we think, sense, feel and act in a certain characterological way that is so very different to when we are the subordinate employee.

The personality subtypes are real human characters that emerge in accordance with specific situations.

*** Participatory medicine, issue 116, page 84**

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JENNY'S STORY

*Jenny is the **mother** of Bruce, an angry teenager who makes her feel guilty for leaving her husband, his father and breaking up the family home. She feels like the **child** she used to be when her father blamed her for everything that was not right at home. She grew up **thinking** she was not as good as her sister and constantly judges herself as being inferior. In her **feelings** she is anxious and lacks confidence, her **body** feels tense and reserved, and when Bruce tells her he hates her, she cringes and withdraws as if in pain. Her irritable bowel worsens with these encounters as does her joint pain which was recently diagnosed as rheumatoid arthritis, an autoimmune illness.*

> ‘The personality subtypes are real human characters that emerge in accordance with specific situations’

Jenny came to see me for these symptoms. She has a long history of digestive problems, had her tonsils removed as a young child, developed glandular fever in adolescence, and chronic fatigue syndrome in her final year of school. She was not able to write her matric and keeps blaming herself for her inadequacies. She has had numerous breast cysts and frequent mammograms because of her fear of cancer.

The partnership between self and illness

Jenny was aware that her symptoms were always worse when she was anxious and knew she herself had a lot to do with her illness. She wanted to know how she was creating her problems. I explained to her that I needed her active participation in the process, offered her complete respect and non-judgement and took pains to make sure she felt safe and comfortable with the process. I asked her then to show me, with her hands, the tightness and pain in her digestive system. She expressed this tightness with clenched fists and contracted tense muscles, especially around her abdomen. I asked her to step away and observe the after image she had just created with her physical and emotional expression. She looked at the empty space which now was filled with her own deep soul projections and said: ‘I can for the first time see my anxious child.’

This was the breakthrough. Jenny was now in partnership with the part of herself that was controlling her life and costing her so much – her self-esteem, her relationships, her health and her future well-being. She could now observe what it was all about.

Pinpointing disease-provoking characters

Together Jenny and I observed the empty chair which became fuller with life content the more we watched it. As she described her early life story, Jenny could see her biography unfolding

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before her like a real live video: the small child terrified of her father's rages, feeling guilty and ashamed because she was always being blamed by her father, mother and favoured sister; Jenny was the older child who learned to submit, avoid confrontation and always aimed to please. She grew up anxious, shy, lacking confidence and always worrying about something. She was a thin, pale and sickly adolescent with a cowering attitude and tense body.

As we observed her adult body now, we focused on the tightness and constriction in her bodily systems and imagined the constriction in blood flow and oxygen to the digestive organs, the over-activity of her fight and flight sympathetic nervous system and the excess secretions of adrenalin and cortisol. Looking at her anxious and depressed nature, we could confirm the scientific evidence that these psycho-emotional states are associated with imbalances in neuro-endocrine chemistry and immune suppression. It was crystal clear to Jenny how the continuous active presence of her anxious and guilty character was creating physiological dysfunctions which inevitably led to all the illnesses she had developed: her constant sore throats and the resultant tonsillectomy, her liver suppression and glandular fever, her chronic fatigue and irritable bowel condition, and her fibrocystic breast disease. She could also see how this anxious person carried thoughts such as 'something is bound to go wrong', held on habitually to feelings of 'being inadequate', frequently experienced 'pain and tightness' in her body and acted out her inner experience with defence mechanisms such as 'withdrawal or depression'. It was now obvious to her how this character was controlling, obstructing and restricting her life and negatively affecting her health.

Awareness leads to healing

Then I asked Jenny to show me what she thought was making her feel so anxious and guilty. After some hesitation she began to blame the guilty one in the chair with angry words and gestures: 'You are the cause for all the problems in your life and mine, things will always go wrong because you are not good enough. Yes I hate you because you are so weak and pathetic!' Now she could see the other character in her life story, the part hidden from view, the internalised angry father that continued to make her feel anxious, guilty and undeserving. It was clear to Jenny that these two characters belong together in an unholy alliance, in a partnership, where the one requires the other to exist: the guilty one has to have someone who blames her, the blamer has to have someone to blame.

CONCLUSION

Our internalised characters are connected in partnerships that control our lives and they in turn are connected with our bodily systems that control our health. We may have the best diets, lifestyles and medical treatments, but if we continue to carry anxiety and guilt in our body-mind systems, we undermine all the best functional or integrative medical programmes. These are the partnerships that create more than any other single factor the pandemic illnesses of our age – the chronic illnesses such as cancer, degenerative disorders, heart and lung disease, autoimmune disorders etc, illnesses for which modern Western medicine has no real answers. The solution lies first and foremost in becoming aware of these illness-provoking characters, for only then is it possible to do something about it. ●



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Is Integrative Medicine the 'new medicine'?



DR BERNARD BROM,
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He is the Co-Chairman of the South African Society of Integrative Medicine(SASIM) and of The Traditional and Natural Health Alliance (TNHA). Dr Brom started his practice in 1976 using a holistic approach incorporating natural medicines, homeopathy, herbal medicine, nutritional medicine and lifestyle management. His special interests include energy medicine, integration of the art and science of medicine, development of intuition, questioning the nature of health and healing, and a deeper understanding of the nature of Spirit in the practice of medicine.

With all the interest in natural products and their regulation, people may be wondering what's going on, what the truth is about them and whom to trust.

There is a vague uneasiness around the medical profession claiming that natural products don't really work, or may even be dangerous. Is it true that their efficacy is only a placebo effect? Do health products only produce expensive urine?

NON-CONVENTIONAL MEDICINE

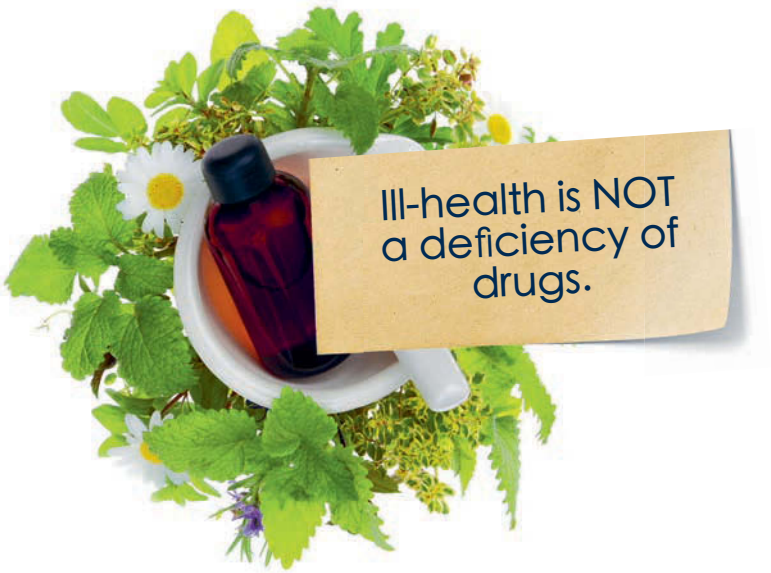
The natural medicine industry has progressed dramatically in the last 20 to 30 years. It has become sophisticated and scientific, developing effective protocols of management based on solid philosophical and practical foundations. This rapid change has not been noted by skeptics, who still cherry-pick studies and use labels that no longer apply to this field of medicine.

The term 'alternative medicine', for example, is no longer used by any of my colleagues and you will only find it on the Internet or in old publications. It was a useful term at the time but serves no purpose today, when the movement is much more towards an integrative process. Integration is not 'alternative' or even 'complementary', which is also becoming a less popular term. Integration is about integrating many different modalities that can serve medicine and the general public much better than the 'conventional' model. Integration is about supporting lifestyle and making this the central aim and thesis of a new medicine that aims to prevent disease.

> ‘Anyone taking more than one drug is on their own drug trial’

LIFESTYLE DISEASE

I am sure that most conventional doctors will agree that they don't have enough time to deal with lifestyle, even though most of the chronic ill-health seen today is driven by poor lifestyle choices. If lifestyle changes became a priority for government, the department of health and the medical establishment, then health would greatly improve, chronic disease would vastly diminish, the cost to the state would plummet and people would be healthier in general.



Conventional medical doctors just don't have the time to deal with lifestyle management when disease is the priority; symptomatic drug treatment with 2, 3, 4 or even 5 drugs, with or without surgery, is the way to manage disease. While medical specialists and natural medicine skeptics like to point to the lack of science around natural medicine products, the fact is that there is no science to the use of two or more drugs prescribed to a single patient. Drug trials are for single products only and not for complex drug prescribing regimes.

This means that anyone taking more than one drug is on their own drug trial and that no one can predict what will happen in terms of their health. Are the symptoms and signs the patient complains of immediately, or years down the line, due to the disease or are they the side-effects of the drugs themselves?

INNATE HEALTH

The conventional model also tends to disregard and dismiss the fact that it is the body that does the healing, not the drug. Ill-health

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is not a deficiency of drugs. Drugs cannot be called health products. Health products support health. Drugs treat symptoms. Vitamins, minerals and herbs are health products because they support health. Only health can heal.

For example, antibiotics don't heal. They kill bacteria and allow the body to do the real healing. The body of course also has the ability to kill bacteria, but antibiotics may be useful in a compromised situation when the innate intelligence of the body needs support.

In another example, allergens are not the cause of hay fever, but are rather the catalyst to a hay fever attack. There is an underlying susceptibility in the immune system that is triggered by the allergen, so blocking the body's responses with antihistamines or cortisone does not cure the patient, but only represses their symptoms.

NATURAL PRODUCTS SUPPORT HEALTH

The big question is, 'Where is the science for natural products?' Check out any textbook of biochemistry or physiology and you'll find more than adequate science to the use of natural products. They do not refer to synthetic drugs sustaining and supporting physiological and biochemical functions.



life



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Let's take liver detoxification as an example. In phase one of detox, the liver requires folic acid and vitamins B_3, B_6, B_{12}, A, C, D_3 and E. In phase two of detox, the liver requires a range of amino acids and NAC, and this is where the cruciferous vegetables contribute. Natural products such as milk thistle support the general function of the liver by providing it with the compounds it needs to function optimally.

> ‘The more points of view, the better the view’

What the body requires to support health can be easily read about in any medical textbook. Natural products support the natural processes of physiological functions. Some are even called *essential* fatty acids and *essential* amino acids and *essential* vitamins. Most people are deficient in a range of essential nutrients, which guarantees that their body systems slowly become compromised and ill-health will surely emerge.

For some strange reason the word detoxification is shunned by conventional doctors. Detoxification is an essential function in the body, with the liver being the primary organ of detoxification. Perhaps doctors don't like people mentioning detoxification because there are no drugs that can assist this process, only natural products and herbs.

THE TRUTH IS OUT THERE

What about the science of the use of these natural medicines in health management and the treatment of chronic disease?

There are already three massive textbooks of Integrative Medicine, with thousands of references, written mainly by medical professionals and supported by their medical schools. There are also many peer-reviewed journals of Integrative, Natural and Functional



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Healing will happen when the body's functioning is optimised, stress is reduced, food choices are made wisely, exercise is appropriate and the limits of drugs are recognised.

Medicine, with annual conferences and congresses happening around the world. Then there is also the Internet. If you know how to research, and not just cherry-pick that which supports your viewpoint, then you can find some very good sites written by experts who know what they are talking about.

Drugs clearly have a place in medicine. They are often brilliant at controlling symptoms when correctly prescribed. In an integrative practice, symptomatic drug treatment and certainly antibiotics and even vaccines have their place. It is all about listening to patients, being compassionate and open minded, supporting health and allowing healing to happen.

In my experience, healing will happen when the body's functioning is optimised, stress is reduced, food choices are made wisely, exercise is appropriate and the limits of drugs are recognised.

I would also not be too dismissive about natural versus synthetic or processed foods. Cancer, heart disease and type 2 diabetes are all products of our modern lifestyle. Choose your lifestyle wisely.

Different points of view are great, but only when the open minded scientist recognises that the more points of view, the better the view. ●



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NATURAL *living*



CARBO-LOADING

- the legal technique for enhancing performance

By the EDITORIAL TEAM

By eating a high-carbohydrate diet 2 – 3 days before an event the glycogen stored in your liver and muscles becomes optimal and you can prevent the development of hypoglycaemia (low blood sugar levels) during exercise. Research has shown that carbo-loading can postpone the onset of fatigue, extend the period of maximum exercise capacity by as much as 20%, and cause an increase of 2 – 3% in performance.[1]



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These are desirable goals for top athletes who need a steady supply of fuel for the intensive work their muscles have to do for extended periods. The best sign that sufficient carbohydrates have been consumed during the carbo-loading period is a *temporary* increase in body weight (glycogen) of 1 – 2 kg.[2] Aim to increase carbohydrate intake by 10 – 12 g of carbohydrate per kilogram of body weight per day accompanied by a reduction in training intensity during carbo-loading.*

To carbo-load, modify your diet as follows:

- Eat low-GI cereals and starches, fruit and fruit juices for breakfast.
- Use low-fat or fat-free milk or yoghurt instead of full-cream products.
- Eat high-carbohydrate snacks like low-GI cereal bars, or low-GI muffins (see the recipe book *Eating for Sustained Energy* by Liesbet Delport and Gabi Steenkamp).
- Try including legumes and low-GI bread with your meals.
- Substitute durum wheat pasta or other low-GI starches for some of the protein at your main meals. Eat more potatoes (especially baby potatoes and sweet potato).
- Supplement your diet with a low GI, high-carbohydrate, or glycogen storage drink if you are struggling to consume more carbohydrates than in your regular training diet.

VITAMINS AND MINERALS

Vitamins and minerals play an important role in energy production, and a deficiency of one or several of these micronutrients can impair performance. Vitamins and minerals are found in a wide variety of foods and deficiencies are therefore unlikely in athletes who eat large quantities of food. Should you wish to take a supplement, the best would be to take a multivitamin. Try to choose a multivitamin containing the following:

- **Vitamin C:** 600 - 1 000 mg per day for endurance athletes to prevent upper respiratory tract infections.
- **Vitamin E:** up to 200 mg per day for positive anti-oxidant effects for endurance athletes (especially those with raised blood cholesterol).
- **Iron:** 100 mg per day for 3 months to correct sports anaemia – a common problem among endurance athletes. Have your iron levels checked before starting to supplement.
- **Calcium:** 1 000 mg per day – a plant-based bioavailable supplement together with magnesium is usually recommended.

ERGOGENIC AIDS

These are substances that improve athletic performance. They include substances like bee pollen, ginseng, royal jelly, amino acids, guarana, carnitine, colostrum and many others. Some may result in positive doping tests.

A balanced diet, adequate rest, good sleep and the right mental approach are the keys for success.

It is also important to help your body to prepare for and recover from any stressors it may be exposed to. Effective training includes supplying and replacing the nutrients, fluid and energy that your body requires to perform at its best. ●

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1. Burke LM. *Nutrition strategies for the marathon: fuel for training and racing. Sports Med* 2007; 37: 344.
2. Delport L, Volschenk P. *Eating for Sport.* Cape Town: Tafelberg Publishers, 2007.

*Note: you may easily be eating enough carbohydrates if your exercise is very strenuous already, in this case decreasing your exercise should be your focus.

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The body's response to STRESS

More and more patients are getting the same diagnosis from health practitioners, yet are stunned, some embarrassed, and others just plain too hardheaded to acknowledge that they may be suffering from stress.



CINDY NICOLSON
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She is the general manager at *Natural Medicine*, a wife, mom and published poet. She is passionate about helping people achieve the best they can in life. She discovered her passion for writing at a young age, and aspires to author inspirational books. She lives her life by her slogan: 'When you touch one life, you change their world'.

You've finally taken time out of your busy month to make an appointment with your doctor. Your head feels like it's about to explode, your shoulders and neck feel like they're in constant spasm and your stomach cramps just won't let you sleep at night. You're groggy and seem to snap at everyone lately, and worst of all, you're aware of it. You're sure that you're coming down with something, but can flu symptoms last this long?

It's your turn and your doctor gives you a knowing smile, but does not say anything. 'What can I do for you today, Peter?' You explain these symptoms along with a long list of others. Your tears well up when you realise how much is really going on in your life.

'Peter, you're suffering from stress and the best remedy I can recommend is some time off.'

Does this scenario sound familiar? Our society has labelled stress, overexertion and being mentally and physically drained as weakness. Many of us have tried everything to avoid being labelled as suffering from this so-called 'new-age disease', when heeding the doctor's orders to take a bit of real relaxation, may be the one thing that could help us deal with our ever-increasing demanding loads.

> *'Pressure and stress is the common cold of the psyche'*
> *– Andrew Denton*

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> *'The definition of insanity: doing the same thing over and over again and expecting different results.' – Albert Einstein*

Contrary to what we may want to believe, stress is fast becoming one of the most identifiable underlying causes of many illnesses and diseases.

Here's a list of a few effects of stress found on the website of the American Institute of Stress: (www.stress.org)

PHYSICAL

- Frequent headaches, or jaw clenching
- Neck ache, back pain, muscle spasms
- Chest pains, palpitations, stomach pains or cramps
- Dry mouth, problems swallowing
- Fidgeting, feet tapping
- Frequent colds, infections, herpes sores
- Trembling of lips, hands
- Decreased sexual desire or low performance
- Rashes, itching, hives, 'goosebumps', frequent allergy attacks
- Weight gain, weight loss without diet
- Frequent use of over-the-counter drugs
- Increased smoking, alcohol or drug use

MENTAL/PSYCHOLOGICAL

- Difficulty concentrating, racing thoughts, forgetfulness
- Difficulty in making decisions
- Insomnia, nightmares, disturbing dreams
- Problems in communication, sharing
- Feeling overwhelmed, anxious, constant worrying about the same thing
- Increased frustration, irritability, edginess
- Excessive defensiveness or suspiciousness
- Depression, frequent or wild mood swings, feelings of loneliness, worthlessness
- Social withdrawal and isolation
- Reduced work efficiency or productivity
- Excessive gambling or impulse buying

Stress therefore does not only affect feelings of not being able to handle your workload, but encompasses and affects a range of both physical and emotional/psychological aspects of your life.

Hans Selye first defined stress as 'the non-specific response of the body to any demand for change'. Dr John Demartini's definition of stress is: 'the inability to adapt to an ever-changing environment.' How we deal with stress is what can eliminate the effect of illness on the body.

TIPS FOR DEALING WITH STRESS IN THE WORKPLACE

- Take regular breathing breaks during your day.
- Write down the seven most important things that you need to achieve during the day. Mark them off with a tick as you go through them – the feeling of accomplishment will also slow down your racing mind.
- Be realistic about what you are capable of doing.
- Learn to say 'No', especially if you are already overloaded

Exercise regularly, meditate and end the day with gratitude. Your situation will not change until you decide to change it. ●

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Turn your BACK on pain with BODY STRESS RELEASE

What is BODY STRESS RELEASE?

Body Stress Release is a gentle yet effective complementary health technique which was pioneered in South Africa by Dr's Ewald and Gail Meggersee. A fall out of a tree at the age of five left Ewald Meggersee with intense lower back and leg pain and while he explored numerous forms of treatments, he struggled to find a long term solution for his condition. While studying chiropractic in America the Meggersees stumbled across Dr van Rumpt, a retired American chiropractor who had explored an approach to pain relief that differed from conventional chiropractic manipulation. They returned to South Africa and building on this gentle technique, they developed Body Stress Release (BSR). BSR is built on the premise of using the body as a biofeedback system. The practitioner is able to use the body's reflex response to accurately test for stored tension which may be disrupting the nervous system.

The effect of MUSCULAR STRESS ON THE NERVOUS SYSTEM:

When the body can no longer adapt effectively to the onslaught of environmental stressors' stress overload is reached. Body stress becomes locked into the body's physical structures which manifests as lines of tension and can cause pain, stiffness, numbness or postural distortion. This stored tension has an impact on the nervous system and undermines the body's natural ability to co-ordinate its functions and heal and maintain itself. Over time various effects begin to show resulting in a slow decline of overall health and well-being.

Who needs BODY STRESS RELEASE?

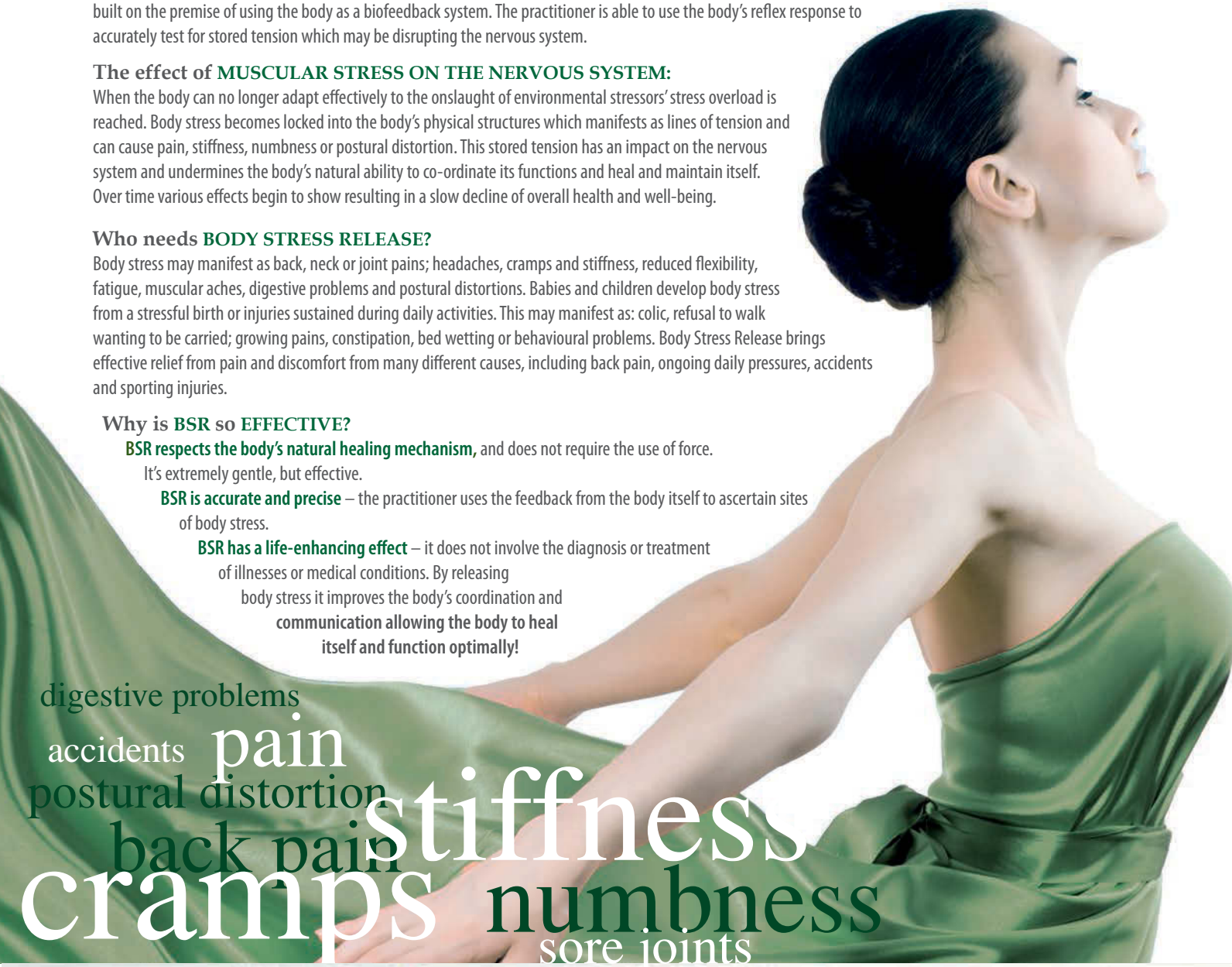
Body stress may manifest as back, neck or joint pains; headaches, cramps and stiffness, reduced flexibility, fatigue, muscular aches, digestive problems and postural distortions. Babies and children develop body stress from a stressful birth or injuries sustained during daily activities. This may manifest as: colic, refusal to walk wanting to be carried; growing pains, constipation, bed wetting or behavioural problems. Body Stress Release brings effective relief from pain and discomfort from many different causes, including back pain, ongoing daily pressures, accidents and sporting injuries.

Why is BSR so EFFECTIVE?

BSR respects the body's natural healing mechanism, and does not require the use of force. It's extremely gentle, but effective.

BSR is accurate and precise – the practitioner uses the feedback from the body itself to ascertain sites of body stress.

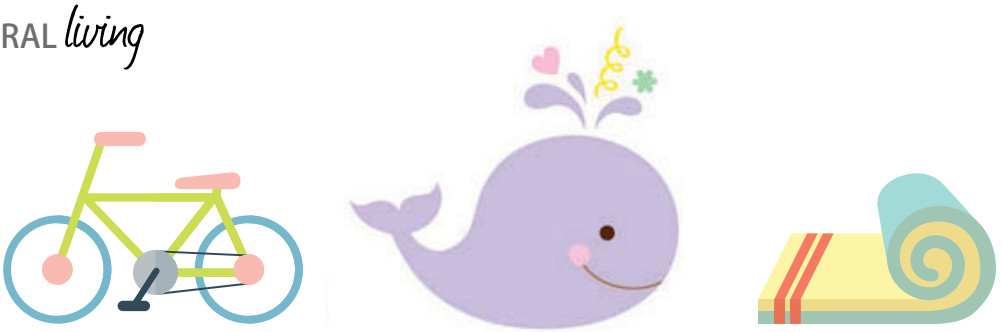
BSR has a life-enhancing effect – it does not involve the diagnosis or treatment of illnesses or medical conditions. By releasing body stress it improves the body's coordination and **communication allowing the body to heal itself and function optimally!**



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BODY STRESS RELEASE

Unlocking Tension - Restoring Self-healing



EXERCISE DURING pregnancy



JACKY BLOEMRAAD-DE BOER
www.maroonblue.nl

She has moved back to South Africa after living and working in Amsterdam for the last 26 years. Jacky is the Director of Education for the Birth Institute and also works as a certified midwife, doula, acupuncturist, nutritionist and reflexologist specialising in midwifery. She regularly lectures and gives courses both abroad and in South Africa. Together with Jennifer Walker she trains hospital labour and delivery nurses and doctors in the benefits of physiological birth.

If complications don't limit your ability to exercise throughout your pregnancy there is no doubt about it, exercise is a big plus for both you and your baby.

At a time when you wonder if this strange body can possibly be yours, exercise can increase your sense of control and boost your energy levels. Not only does it help to make you feel better by releasing endorphins (the feel good hormones) it can:

- Relieve backaches and improve your posture by strengthening and toning muscles in your back, butt and thighs.
- Reduce constipation by accelerating movement in your intestine.
- Prevent excess wear and tear on your joints (which become loosened during pregnancy due to normal hormonal changes) by activating the lubricating synovial fluid in your joints.
- Help you sleep better by relieving stress.
- Help you to look better because exercise increases the blood flow to your skin, giving you a healthy glow.
- Prepare your body for birth by strengthening your muscles and heart and increasing your endurance to support you during labour and delivery.
- Help you gain control over your breathing which in turn can help you manage the pain during labour.
- Regain your pre-pregnancy body more quickly because you will gain less fat weight during your pregnancy if you exercise. Remember though that the goal of exercising during pregnancy is to maintain fitness, not to lose weight.

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Many women enjoy dancing, swimming, water aerobics, yoga, pilates, biking or walking as their particular exercise during pregnancy. Swimming is especially appealing because of the weightlessness you feel in water. Many experts recommend walking. Walking is great because it is easy to vary your pace and to do it whenever you have the time. Whatever type of exercise you decide on, the key is to listen to your body's warnings. Many women can become dizzy and as the baby grows, their centre of gravity changes so it may be easy for you to lose your balance, especially in the last trimester.

Your energy level may also vary greatly from day to day. And as your baby grows and pushes up against your lungs, you'll notice a decreased ability to breathe in more air (and the oxygen it contains) when you exercise.

Stop exercising if you feel:

- Fatigued
- Dizzy
- Heart palpitations (your heart pounding in your chest)
- Shortness of breath
- Pain

You should keep your heart rate below 160 beats per minute. It also isn't good for your baby if you become overheated because temperatures greater than 39°C could cause problems with the developing foetus – especially in the first trimester – which can potentially lead to birth defects. So don't overdo exercise on hot days.

EXERCISES YOU SHOULD AVOID

It is recommended that pregnant women avoid weight training and sit-ups. Lifting reduces the blood flow to the kidneys and uterus, and exercises done on your back (including sit-ups and leg lifts) cause your heart rate to drop and also decrease the flow of oxygenated blood to your body and the baby. It's better to tone your abdominal muscles while on all fours by relaxing your muscles while you inhale and then tightening your muscles as you exhale.

> “Whatever type of exercise you decide on, the key is to listen to your body’s warnings”

It is generally a good idea to avoid any activities that include:

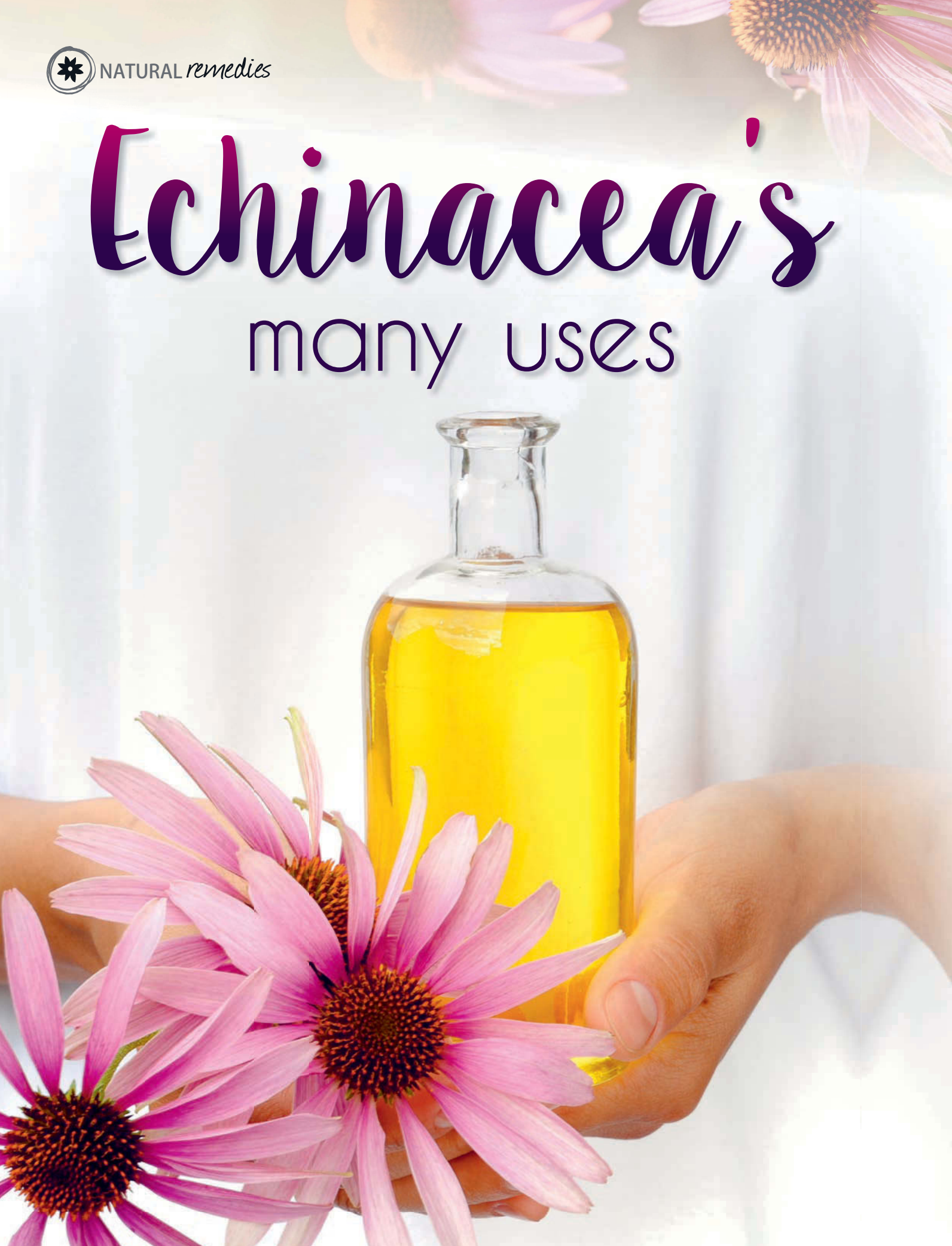
- Bouncing and jarring
- Leaping and jumping
- Sudden changes in direction
- Any sport where there is a risk of abdominal injury

Typical limitations include contact sports, downhill skiing, scuba diving, and horseback riding because of the risk of injury they pose.

NATURAL *remedies*



Echinacea's many uses









The Native Americans used this beautiful prairie plant to treat conditions ranging from colds and influenza to suppurating sores, earache, bladder infections and contagious diseases.

One if its compounds, echinisen, is an antiviral agent and another compound, echinacoside, has antibiotic properties, which gives the plant its unique healing abilities.

The many varieties of Echinacea range from the bright deep pink 'purpurea' that now flourishes in South Africa, through to tender pinks, mauves and magentas, to the palest yellow. All types resemble slightly droopy daisies with a hard, cone-like centre (which dries beautifully for flower arrangements), but it is *Echinacea purpurescnes* that is used medicinally.

CULTIVATION

Echinacea plants need full sun and richly composted soil to send up their tall, 60 cm flowering heads in late summer, and thrive with a good, deep, twice-weekly watering. They do not like being moved once established, and die down in winter. If left to grow in the same place undisturbed, they will do well for years. Each plant re-seeds itself via a mass of tiny seedlings around the mother plant every spring. It is a true surviving plant, adjusting to harsh weather conditions and neglect. It even adapts to being grown as a container plant on a hot patio, where its bright pink flowers will draw the eye.

PROPAGATION

Sow seeds in trays of moist sand. Germination is good, especially using the previous season's seed. The little seedlings can be planted into growing bags as soon as they are big enough to handle. Transplant the seedlings in spring and early summer and keep them moist and shaded – stick leafy twigs into the ground around them to shade them from the midday sun.

HARVESTING AND PROCESSING

Harvest the mature flowers in midsummer. Pick the leaves at any time. Best used fresh.

COMPANION PLANTING

Both Echinacea and comfrey seem to act like a facelift on slow-growing plants. Echinacea boosts brinjals, green peppers and kale.

CULINARY USES

The soft mauve-pink flower petals can be chopped and sprinkled over salads and fruit



MARGARET ROBERTS
www.margaretroberts.co.za

He is a herbal pioneer in South Africa. For almost 40 years she has imported and trialled herb seeds and cuttings for South African gardeners and farmers. She lectures and consults on herbs, medicinal foods and environmentally safe natural insecticides at tertiary institutions countrywide and at her Herbal Centre at De Wildt. She was one of the first true organic farmers in South Africa, and has shared her knowledge through over 30 books and ongoing radio and television series. Margaret received a Laureate Award from Pretoria University in recognition of her outstanding contribution to this field.

salads, and they are exquisite and unusual floating on summer drinks.

MEDICINAL USES

Tinctures are the easiest way to take Echinacea. A dose of 10 - 15 drops taken in water three times daily, from March onwards, will do much to prevent flu and colds. If taken two-hourly at the first sign of symptoms, Echinacea will in most cases dissipate the infection. A tea can be taken daily as an immune booster.

To make the tea, use ¼ cup fresh Echinacea leaves and flowers. Pour a cup of boiling water over the herb and allow the tea to stand for five minutes. Strain and sip slowly.

Echinacea and apple cider vinegar can be used diluted as a gargle, as a mouthwash for ulcers or sore gums, or add a dash to the rinsing water after washing the face to treat acne, oily skin, rashes and spots. Dab onto mosquito bites, stings and insect bites.

Echinacea is now listed as an important treatment for infections of the respiratory tract, the urinary tract and as an immune-system modulator. However, in all cases be guided by your doctor, especially if suffering from autoimmune ailments. Do not take Echinacea without thorough consultation – it is a powerful herb!

COSMETIC USES

Echinacea forms the base of my most useful healing cream. It can be applied to rashes, bites and itches; it is also deeply soothing for dry cracked lips and fingernails. In bath oil, echinacea is excellent for dry skin, while in bath vinegar (see recipe) it is excellent for softening the water, as well as for a final rinse after shampooing the hair.

Bath vinegar

Many herbs can be preserved in vinegar and used to soothe sprains and bruises or aching legs and cramps. The vinegar can be added to the bath for problem skin or to relax sore muscles, used as a freshening tonic on the face, or added to the final rinse water for an itchy scalp and shiny hair. Use only fresh herbs, use only the parts of the plant mentioned and do not combine herbs. Refer to my individual herb articles for information on how to use the particular vinegar.

Method

As a general guide, pack fresh leaves and flowers of herbs that will impart their fragrance and healing properties (see options below) into a clear glass bottle. Fill the bottle with good-quality grape vinegar or apple cider vinegar and place it in the sun for a week, giving it a daily shake. After a week, strain out the spent leaves and flowers and replace with fresh ones. Repeat the process. Do this three times, then finally strain out the vinegar, pour into an attractive bottle and add a fresh sprig, leaf or flower for identification. Cork well and use as recommended, adding a splash to hair-rinsing water and half a cup to the bath.

Options: Bay leaves; **Borage** leaves and flowers; **Calendula** leaves and flowers; **Chamomile** flowers; **Echinacea** flowers, leaves, stems and root (use apple cider vinegar); **Elder** flowers; **Lavender** sprigs and flowers; **Mint** leaves and flowers (use any variety); **Myrtle** sprigs and a few berries; **Rose-scented geranium** leaves and sprigs; **Rose** petals; **Rosemary** sprigs; **Sorrel** leaves; **Southernwood** sprigs (also called Lad's love vinegar); **Tarragon** sprigs (use apple cider vinegar).





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Echinacea healing cream

Ingredients

- 1 cup Echinacea petals, leaves and chopped stem and root
- 1 cup aqueous cream
- 2 teaspoons vitamin E oil
- 10 drops lavender essential oil
- 10 drops lemon essential oil
- 10 drops tea tree essential oil

Method

Gently simmer the Echinacea and aqueous cream in a double boiler for 20 minutes. Strain and add the vitamin E oil, followed by the lavender, lemon and tea tree essential oils. Mix well and pour into a sterilised jar.

1 **Echinacea petals, leaves, root and stem, chopped.**





2 **Gently simmer the Echinacea & aqueous cream.**

3 **Add the essential oils.**





4 **Mix well and pour into a sterilised jar.**



Echinacea spritz spray

This spray is valuable on hot summer afternoons when the mosquitoes are around, and it keeps well.

Ingredients

- Echinacea flowers, leaves and stems, lightly chopped
- Apple cider vinegar

Method

Boil Echinacea in a pot of water, using enough water to cover the herb. Simmer for 30 - 40 minutes with the lid on. Set the pot aside and allow it to cool. Strain and add one cup of apple cider vinegar to one cup of the Echinacea brew and pour into a spritz-spray bottle. Shake well. Spray over the braai area and into the air, as well as over arms and legs. It is particularly soothing and quickly reduces the hot, red itchiness of mosquito bites. I have used the same spray on kitchen windowsills to repel flies, on aphid-infested plants and even where ants have come into the house.

Echinacea and comfrey foliar feed

Ingredients

- Echinacea stems, leaves and flowers
- Comfrey stems, leaves and flowers

Method

Chop up equal quantities of Echinacea and comfrey, cover with water (enough to submerge the leaves), and simmer in a large pot for 30 minutes. Cool the mixture and keep it covered until the next morning. Strain, discarding the plant matter onto the compost heap, and spritz spray the greenish brew onto the leaves of any ailing plants. I have become a great fan of foliar feeding for its quick and healthy results!

OTHER USES

Echinacea combined with comfrey is excellent as a foliar feed. Use it twice during summer and once in late August and watch the luscious growth. It is a standby for the vegetable garden in summer – beetroot rows become rejuvenated after two applications, and a quick weekly spray over the leaves of green pepper, brinjal and courgette plants gives them new life! Once the foliar feed has been made, toss the remaining Echinacea and comfrey plant matter on the compost heap – it will break the heap down at speed. ●



Further reading
Roberts, M., *My 100 Favourite Herbs*, Struik Nature.

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Flower Essences

Flower Essences are a form of energetic or vibrational medicine and should not be confused with aromatherapy oils, which are extracted by crushing and physically removing active ingredients from plants.



SONJA HINDLEY, BA (Hon)
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www.vibrantbeing.weebly.com

She is the owner and therapist at Vibrant Being Holistic Health in Pretoria. She is widely read and versed in natural therapies and has a special interest in nutritional counselling, foundational kinesiology, acupressure, Bach Flower Remedies and herbal medicines. Her passion is in empowering people to take responsibility for their health and wellbeing in a holistic and natural way.

HOW FLOWER ESSENCES WORK

Flower Essences are produced by the transference of the high vibrational energy of flowers into water, beautifully described by Jannet Unite-Penny, creator of the South African Flower Essences:

'Water is a truly magical medium and has the ability to capture and hold electromagnetic energetic patterns. The flowers are picked and floated in a bowl of pure water and placed in the sun for a few hours in order for the energy of the flower to be imparted to the water.'

When Flower Essences are introduced into the energetic body they raise the vibrational frequency of the recipient. Taken individually or in combination, they can be powerful tools for regaining emotional balance, self-transformation and spiritual growth.

Flower Essences can be used in the short or long term, treating a variety of acute and chronic disturbances.



WHERE FLOWER ESSENCES COME FROM

There are many Flower Essences produced from indigenous plants around the world from the USA, Alaska, Australia and Scotland, to our very own South African Flower Essences that are made on the slopes of Table Mountain in the Western Cape.

The Bach Flower Remedies are well-known in South Africa and include the popular Rescue Remedy combination essence. Let's take a closer look at this combination, which is taken to help get one through any stressful situation.

WHERE TO GET FLOWER ESSENCES

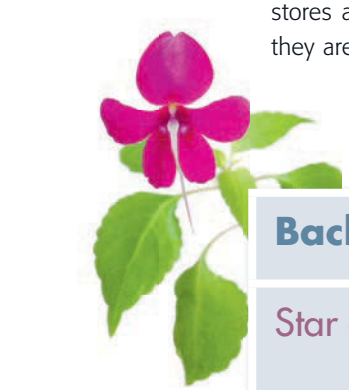
Flower Essences are available from health stores and pharmacies nationwide. Although they are suitable to use for self care, it is advisable to consult with a qualified practitioner to help you choose the remedies that will enhance your healing.

HOW TO USE FLOWER ESSENCES

Since it is impossible to overdose on Flower Essences, the descriptions below are simply guides. Remedies can be taken as frequently as needed.

Orally (under the tongue): 2 drops if taken undiluted from the stock bottle; 4 drops if taken diluted from a prepared combination. Dose 4 times a day for long term use or hourly for acute situations.

Topically: Add six to ten drops from the stock bottle of each essence to 30 g of cream, oil or lotion. Use daily either exclusively or to







Bach Flower Remedy	State of mind
Star of Bethlehem	You are suffering from the effects of shock or grief
Rock Rose	You are overwhelmed by fear, panic or terror
Cherry Plum	You fear you might lose control, fear of mental collapse, desperation
Clematis	You may daydream, often out of touch with reality
Impatiens	You feel impatient with the slow pace of people or things

STRESSED ?



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supplement oral use. Essence drops can also be applied directly on the body in conjunction with massage, acupressure or acupuncture, or chiropractic treatments.

Misting: Using a glass spray bottle or mister, prepare a dilution as described above. Spray the mixture around the body and in the environment. Shake the bottle before each application to sustain potency.

Bathing: Add 20 drops of each undiluted essence to a normal sized bathtub of warm water. Stir the water in a figure-of-eight motion for at least one minute to help potentise the remedies in the water. Soak in this solution for approximately 20 minutes. Rest quietly afterwards or go to sleep to continue to absorb the subtle qualities of the essences.

Frequency and timing

Regular, rhythmic use of the flower remedies builds the strength of their catalytic action. In most cases, the essences should be taken four times daily, although this may need to be increased in emergency or acute situations to once every hour, or even more frequently.

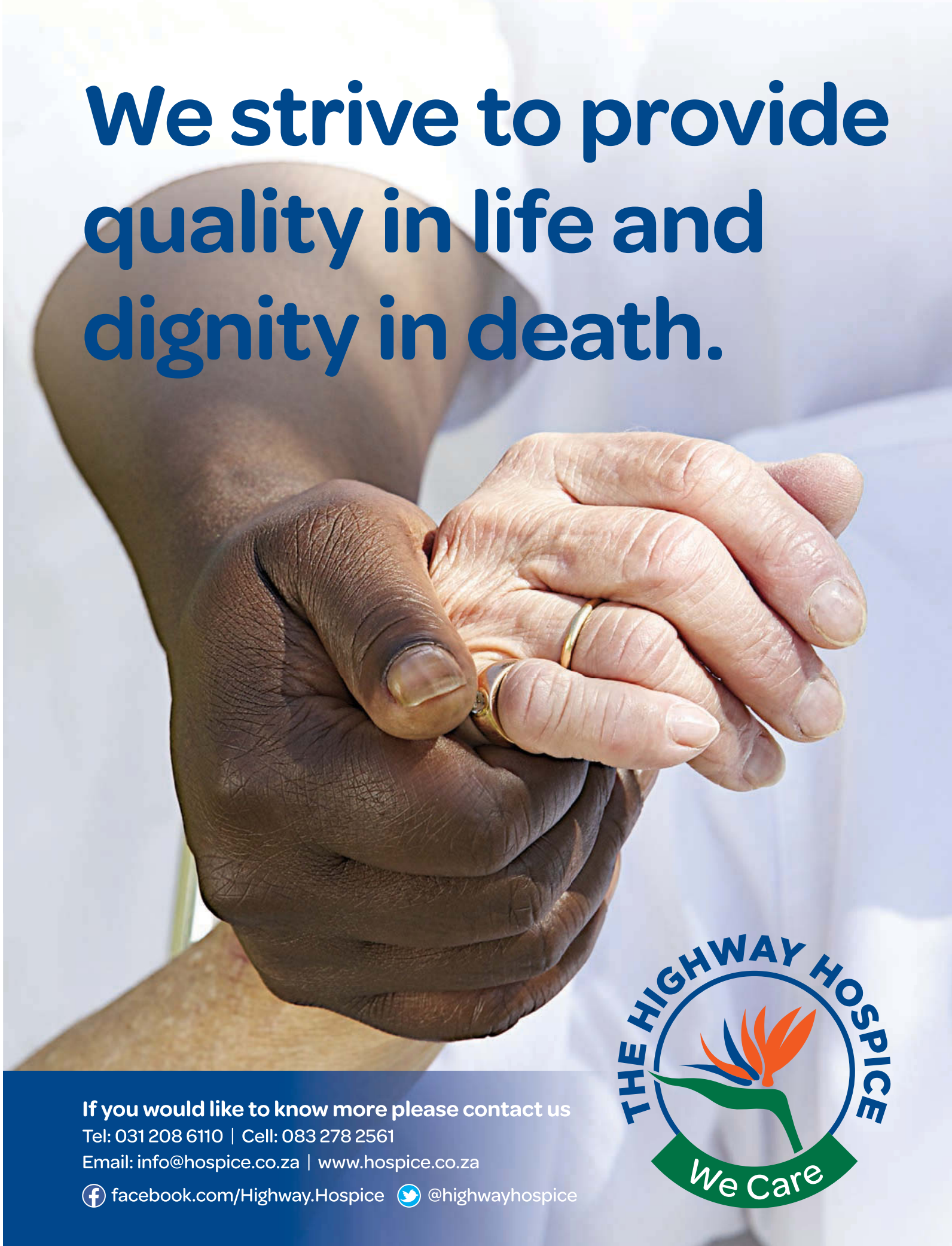
Although Flower Essences can be used on a short-term basis for acute situations, as in the case of Rescue Remedy, their ideal use is for long-term or deep seated mental-emotional change. In most cases, changes will be noticed in about one month. At this interval there is usually the need to re-formulate or re-assess the Flower Essence combination.

Flower essences are true holistic and energetic medicines suitable for the whole family. ●

Benefits of Flower Essences

- They provide a simple, natural and gentle way of healing.
- They work holistically, primarily with the energetic bodies and filtering down to the physical body.
- They have no side effects and there is no possibility of overdosing.
- They will not cause any reactions when taken with other medications.
- They can be used by adults, children, babies, the elderly, plants and animals.
- Flower Essences are safe for use by pregnant women.
- Flower Essences are suitable for use by vegans.
- They work in the body to effect deep and lasting change by improving one's state of mind.
- They have an indefinite shelf life if kept in a cool, dark place.




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RESISTAID™ IMMUNE SUPPORT BY ARCTIC COLD CHOICE

As the cold season approaches, it is important to ensure that your immune system is in optimum condition to deal with cold and flu viruses. ResistAid™ provides natural immune support.

The immune system is a highly complex and interrelated system which has two ways of addressing foreign substances. The innate arm of the immune system is non-specific and targets anything that is viewed as foreign to the body whereas the adaptive system targets specific foreign substances. Both immune arms work together to protect the body against foreign substances and viral attack.

Arabinogalactan is a soluble dietary fibre found in North American larch trees. Native American Indians used arabinogalactan-rich gum resin from the larch tree to improve gut and immune health. ResistAid™ is derived from larch trees and contains arabinogalactan. It also contains larch polyphenols which are a natural immune support ingredient. ResistAid™ boosts the immune system by increasing beneficial immune cells and antibodies.

Clinical study results indicate that larch arabinogalactan (ResistAid™) has the ability to modulate and support both arms of the immune system in a positive manner, optimising the body's response to infection. The activity of natural killer cells, cytokines (proteins) and macrophages (a type of white blood cell) may be supported by arabinogalactan supplementation. Natural killer cells (NK cells) are a type of white blood cell (lymphocyte) and a major component of the innate immune system. NK cell activity is a functional marker for health and research has shown that supplementation with ResistAid™ can increase total white blood cell count, thereby enhancing recovery from viral illness.

Latest research shows that the immune benefits of ResistAid™ additionally include the adaptive immune response, a response to specific antigens such as bacteria, viruses, pollens, etc. The study was designed to test that ingestion of ResistAid™ would selectively enhance the antibody response to a vaccine in healthy adults. Vaccination studies of this type serve as a model to study the effect of nutraceutical supplementation on the overall immune function. The group that took ResistAid™ showed a higher immune cell response to the vaccine than the placebo group following vaccination.

The study further showed that ResistAid™ may have an immune-modulatory effect, meaning it supports the appropriate response to an antigen thereby optimising the immune response.

ResistAid™ has an antioxidant capacity that prevents or neutralises the damaging effects of free radicals.

ResistAid™ is very well tolerated and can be taken all year round.

For references, please visit www.arctichealth.co.za

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3. Zinc

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*study available upon request

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PRODUCT news

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Richard Roebuck founded DermaDoc after seeing his daughter suffer from an uncomfortable skin condition. His passion for natural health and desire to avoid artificial ointments and steroidal creams encouraged him to find a natural solution. DermaDoc was developed by a homeopath, a cosmetic chemist and a professor of chemistry.

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DermaDoc's range consists of four products to help adults and children of all ages treat various skin conditions naturally.

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Until recently B.O.N's 100% Pure Eucalyptus Oil has only been available in a 50 ml and 200 ml bottle. B.O.N has now also launched its multi-purpose Eucalyptus Spray, a must-have for the coming winter cold and flu season. Simply spray B.O.N Eucalyptus Spray into rooms throughout your home to help soothe and decongest respiratory passages when suffering from colds and flu.

In addition to its disinfecting qualities, B.O.N's Eucalyptus Spray can be used to relieve itchy skin caused by insect bites and fungal infections. It even soothes athlete's foot.

Eucalyptus oil is often used in massage to relieve muscular aches and pains. Now with B.O.N's Eucalyptus Spray it's as simple as spray, massage and enjoy.

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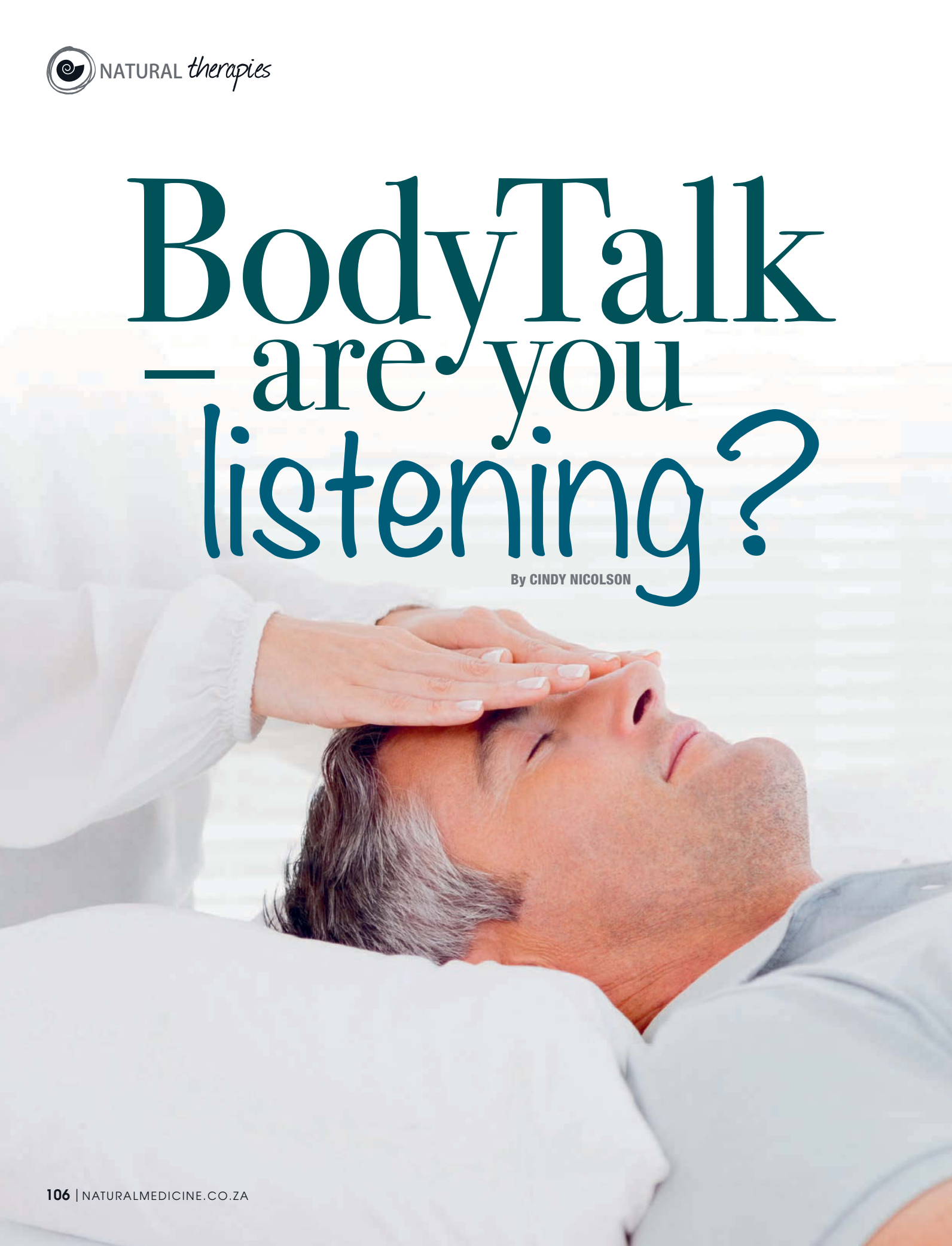
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NATURAL *therapies*



BodyTalk – are you listening?

By CINDY NICOLSON



We are inundated with environmental, work and personal stresses, and exposed to toxic chemicals with almost every purchase we make. Our busy modern lifestyles have not made it any easier for our physical, mental and emotional beings to cope with it all. Various research studies have confirmed that our physical bodies can be affected by our emotions, such as anxiety, worry or fear, as well as extreme amounts of stress that is not dealt with, resulting in sickness and disease.

Many people still find it hard to admit that they suffer from stress and that it could be the cause of their sore and stiff muscles, their short temper, irritable bowel syndrome (IBS) and even short memory. There is however a safe solution.

BodyTalk is a simple yet effective therapy, which teaches the body to use its innate ability to heal itself. A good example is how the body heals itself after being injured. If you've fallen and broken a bone for example, your body will automatically start a process of regeneration and healing to try to mend the break to the best of its ability. The body itself knows how much healing should take place every hour, every day, until it is mended. BodyTalk uses this energy system or innate wisdom/knowing to orchestrate or to bring harmony back into the body's communication systems. The cells and atoms are in constant communication with each other, carrying messages from the brain to organs, muscles, tissues, limbs and back to the brain. When this complex net-



work of communication is confused by stress and unhealthy lifestyles, it manifests in the body in the form of disease. When all your cells are 'wired' as they should be, the body can function more effectively.

HOW DOES BODYTALK WORK?

Your practitioner will often start a session by asking you questions about your health and emotional well-being and will discuss any issues you would like to address. The practitioner will be positioned next to you, using your arm to determine a yes/no communication, also referred to as neuromuscular biofeedback, a gentle muscle-testing technique, which is a system similar to applied kinesiology. Using hand placements, either by the client, the practitioner or both, he or she will determine the malfunctioning energy circuits. The hand placement helps to hold the focus of the organ, endocrine or body part being linked in the balance.

Tapping has been used in other forms of holistic therapies (such as yoga) for centuries and this part of BodyTalk is therefore not a new practice. The incorporation of tapping is an integral part of the therapy.

The practitioner will lightly tap the top of your head to stimulate the brain centre that evaluates the state of the body's health and restores the needed balance. Situated behind the sternum, the heart plays a vital role in communicating the state of the body's health to the rest of the body. By gently tapping the head, a message is sent to the brain to correct or repair what is needed and by gently tapping the sternum after that, the heart stores the corrected energy system deep in the body's cellular memory. This helps bring synchronisation, harmony and balance back to the body which results in the start of the healing process.

According to the BodyTalk Foundation, the success of the BodyTalk system stems from the following components:

- non-invasive, safe, and easy to learn
- facilitates the body-mind's well-being through enhanced communication
- relies on the body's own innate wisdom as a source of direction and prioritisation
- creates an energy balance in the body that induces the body's own innate restorative powers; thus it does not diagnose, nor address disease symptomatically.

BodyTalk sessions are very comfortable and are conducted while the client is fully clothed. A session can last between 15 and 45 minutes. There is no diagnosis required or provided and it is a complete stand-alone therapy, which can also be used as a supplementary therapy alongside more conventional treatments. Owing to the nature of the therapy, even if it is conducted incorrectly, no harm will come to the client. There will simply be no change. That said, make sure that you visit a qualified practitioner.

The BodyTalk systems can also be practiced effectively on animals with astonishing results.

For more information, a list of BodyTalk practitioners, training courses and membership enquiries, please contact BodyTalk Southern Africa by visiting their website www.bodytalksystem.co.za. ●

Further reading

www.bodytalkfoundation.org

To find a BodyTalk Practitioner in your area, please log onto www.bodytalksystem.co.za or send an email to info@bodytalksystem.co.za

MIND, BODY & soul





What's important to *you?*

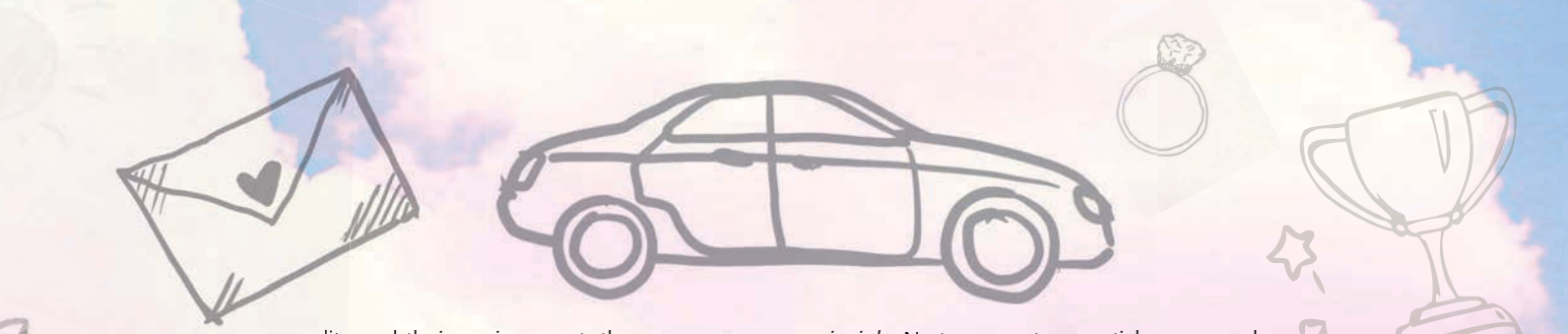
Every individual, regardless of race, creed, colour, sex, or age, inherently has a set of values. We each have something we think is most important, second most important, third most important, and so on. We call this set of priorities a *hierarchy of values.*

Our individual hierarchies determine how we sense the world, filter those perceptions, and interpret and react to what we feel and think as a result.

Imagine a husband and wife. Her highest values are raising her children, educating them, and safeguarding the health of her family; while his are making money, building resources and business, and providing for his family. (I don't mean to reinforce stereotypes here, but we'll explore this scenario since it's so common.) Imagine this couple shopping, walking hand in hand. As they stroll the plaza, she sees things that he doesn't, and vice versa.

She spots toys for the kids, school clothes, books and games that will help her children learn, healthy snacks, and brochures for family activities – all kinds of items that align with her values. She'll notice and filter her vision through her unique set of principles. Her husband will walk through the plaza and see none of these things; in fact, his eyes will avoid them. He'll notice *The Wall Street Journal*, computers, books and magazines for entrepreneurs, and gifts for clients – anything that might help him in business or in his intellectual development, because these things matter to him.

The *hierarchy of their values* – not gender or anything else-determines how they filter their



reality and their environment; they see opportunities accordingly. What they realize through their senses is their reality, which is determined by the beliefs they project.

I'll repeat: **All human beings act according to their own values!** Write that in your heart, because it's an important principle. We often project our system onto other people, expecting them to adhere to it, rather than honoring them as they act in line with their own.

Anytime you expect someone to live outside of their own value system, you create a false expectation. However, you can choose to learn the art of communicating your priorities in terms of theirs. In direct proportion to how well you can do that, they'll still live according to their beliefs, but in a way that satisfies you both.

RESISTANCE IS FUTILE

There's a funny off-Broadway musical called *I Love You, You're Perfect, Now Change*. Sound familiar? Have you ever thought you've found the perfect mate and then spent the rest of your relationship together trying to 'fix' him or her? Futile, isn't it?

The moment you project onto other people and expect them to live according to your values instead of their own, you label them as 'bad' (or some version of that, such as a judgmental 'lazy,' 'sloppy,' or 'rude'). You think they need to be changed, and you're just the one to do it. After all, you're the one with the 'right' values… aren't you?

Maybe you're starting to think that all you have to do is find someone with the exact same belief system as you and then everything will be just peachy. I've done my research, and I can assure you that no two people ever have the exact same priorities – they're as unique as fingerprints or voices. We can compare this to a principle in physics called the *Pauli exclusion principle:* No two quantum particles, or people, will ever have the same quantum numbers of representation of the universe.

That poses a challenge for relationships, doesn't it? Everyone sees through different eyes, and we still must interact with others who have totally different expectations. As if that's not tough enough, we then compound it with something else.

PROJECTED VALUES

If Joe attempts to live in line with some idealism that society, his culture, or his family may have imposed, he'll be uncertain of his actual values. He'll act as he 'should' instead of being himself. If he then meets Carol and becomes infatuated, he'll put her on a pedestal. He'll assume that she has her life put together better than he does, and he'll think that somehow his values are wrong and hers are right.

Have you ever done this – questioned yourself and started trying to change to please someone else? When you idolize someone, you tend to inject their beliefs into yours. Then you find yourself thinking, *I really ought to be doing this. I should do that. I'm supposed to do this.* You try to live by someone else's system, but still have your own, creating internal conflict. You live with moral dilemmas and imperatives.

Perhaps instead of putting someone on a pedestal with infatuation, you put someone in a pit with resentment. As another example, let's say you're walking down the street and spot a homeless person, avoiding him, and thinking he's less than you are. You minimize him, rather than exaggerate him. Instead of injecting his value system into yours, you force your judgment onto him. You think: *He ought to get a job. He shouldn't be asking me for money. He's supposed to contribute more to society*! You don't see him for who he ultimately is and the service he contributes.



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He is a leading inspirational speaker, authority on human behaviour, teacher and author. His knowledge and experience are a culmination of 35 years of research and study of more than 28 000 texts in over 200 disciplines ranging from psychology, philosophy, metaphysics and theology to neurology and physiology.

How often have you done this sort of thing? As long as you're 'shoulding' on yourself with others' ideas, or 'shoulding' on others with your own, you're spending futile energy.

The hierarchy of your values dictates your destiny. Trying to live someone else's way or imposing yours on others is patently unwise. Ralph Waldo Emerson once said, 'Envy is ignorance… [and] imitation is suicide.' Yet most everyone does both – in fact, our society encourages it. The media machine commonly chooses heroes to idealize, and the public accepts those individuals' into their own lives. Of course, when the heroes have their inevitable falls from grace, we throw them into the pit, at least for a while.

HIGHER AND LOWER ORDER

You, like every other human, focus on what's most important to you. Therefore, whatever's highest on your values hierarchy will also have the most order (that is, steady, concentrated focus and a surplus of attention). Chaos increases as you go down the list (that is, unsteady, scattered focus, approaching attention deficit disorder).

Returning to our previous example of the husband and wife, this means that if the wife's highest values are her children, their health, and her home, she has that organized. But forget about her profession, finances, and everything else – unless she has them connected to her real priorities. She may not know how to keep and balance a checkbook or run a business. It would be chaotic if you put her in charge of a sales and promotion campaign for your business – yet she might excel if you gave her the task of fund-raising for her children's school. On the other hand, if the husband has business and finance as his top priorities, that's where you'll find his order and organization. But if you put him in front of a bunch of kids, he's lost and helpless – chaos! That is, until you have him in an elementary classroom to do market research on a new product he's developing for that age-group.

You hierarchy of values determines which parts of your life are ordered and which parts are chaotic, where you're disciplined and where you aren't. You always make time for what's high on your list but never seem to have time for things that are lower. That's why, when one spouse says, 'Honey, I want you to do this (thing that the other spouse isn't interested in)…' the other person says, 'Yeah, yeah, yeah…' and never gets around to doing it – because it isn't high on their values ladder. It simply isn't a priority.

Those who say yes but then don't follow through could be perceived as delaying, procrastinating, and being uncooperative; but if they were able to see how following through would actually support what's important to them, they'd get right on it. Then they could be perceived as extremely disciplined and devoted. Either way, people always act with absolute faithfulness to their own values. Can you see this in your own life?

There are no lazy people, difficult people, know-it-alls, snobs, or bums! These are just labels. In actuality, everyone has these traits and their opposite traits, and they're just expressed in different forms based on one's beliefs.

Communicate in terms of someone else's values. This helps others feel understood and loved for who they are, not for who you think they ought to be. Fulfillment can only occur when you are free and clear to live what is true for you. Allow others to do that, celebrate their priorities with them, and you'll feel it, too.

Eds note: You can determine your values now. Visit www.drdemartini.com/value_determination

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*1)"Activation of the innate immune receptor Dectin-1 upon formation of a 'phagocytic' synapse." Nature (2011). 472, 471-475. 2)"Beta-glucan Supplement Reduces Upper Respiratory Tract Infections and Improves Mood State in Healthy Stressed Subjects." FASEB J. 24:922.11. Manuscript focused on Wellmune WGP® accepted for 2012 publication by Journal of the American College of Nutrition. 3)"Beta 1,3/1,6 Glucan Decreases Upper Respiratory Tract Infection Symptoms and Improves Psychological Well-being in Moderate to Highly-Stressed Subjects." Agro Food Industry Hi-Tech (2010). 21:21–24. 4)"Effect of Beta 1,3/1,6 Glucan on Upper Respiratory Tract Infection Symptoms and Mood State in Marathon Athletes." Journal of Sports Science and Medicine (2009). 8:509-515. 5)"Influence of yeast-derived 1,3/1,6 glucopolysaccharide on circulating cytokines and chemokines with respect to upper respiratory tract infections." Nutrition 28:665–669. 6) Further Clinical Research Published in the Journal of Dietary Supplements - Boosting the immune system with Wellmune WGP®,EAGAN, MN — September 9, 2013.